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ISBN 0-7853-0509-2

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Campbell's



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30 Minutes
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Pictured on the front cover, clockwise from top left: Chicken Broccoli au Gratin (page 12), Savory Pork and Vegetables (page 66) and Glazed Vegetables (page 70). **Pictured on the back cover, clockwise from top right:** Vegetable Ratatouille (page 70), Lemon Asparagus Chicken (page 16) and Skillet Mac 'n' Beef (page 52).

Preparation and Cooking Times: Each of these recipes was developed and tested in the Campbell Kitchens by professional home economists. Use "Prep Time" and "Cook Time" given with each recipe as guides. The preparation times are based on the approximate amount of time required to assemble the recipe before baking or cooking. These times include preparation steps, such as chopping, mixing, cooking rice, pasta, vegetables, etc. The fact that some preparation steps can be done simultaneously or during cooking is taken into account. The cook times are based on the minimum amount of time required to cook, bake or broil the food in the recipes.

For sending us glassware, flatware, dinnerware and serving dishes used in recipe photographs, a special thanks to: Dansk International Designs Ltd., Mount Kisco, NY, on pages 63, 67, 73 and 93; Corham Inc., Providence, RI, on pages 11, 27, 31, 35, 39, 41, 61, 65, 79 and 87; and Oneida Ltd., Oneida, NY, on pages 7, 15, 17, 21, 47, 71, 81 and 85.

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Campbell's



No-Time-To-Cook

RECIPES

M'm! M'm! Good! Cooking

Begins with Campbell's Soups

2

Every great-tasting recipe begins with a special ingredient—a can or package of quality Campbell's Soup. Look here for lots of easy, time-saving tips guaranteed to make cooking a snap!

Simply Delicious Poultry

4

It's as popular as ever! For dinner on the double, choose from over 20 savory entrées featuring versatile chicken and turkey.

Blue-Ribbon Beef & Pork

48

Fast-fixing stir-fries, skillet dishes and more are featured in a dozen tasty recipes created specially for family and friends alike.

Sensational Pasta, Vegetables & More

68

Round out your meals with one of these speedy side dishes—they're M'm! M'm! Good!

Index

94

Taste-tempting recipes, handy tips and step-by-step techniques—they're all listed here!

M'm! M'm! Good! Cooking Begins with Campbell's Soups

Campbell has taken the frazzle out of mealtime and put the sizzle back in! With Campbell's new cookbook, *No-Time-To-Cook Recipes*, you're just pages away from enjoying over 50 great-tasting, easy-to-prepare recipes using America's favorite cooking ingredient: Campbell's Soup.

Here, you'll find delicious recipes guaranteed to speed your way to serving the best recipes ever—in 45 minutes or less. Better yet, most can be made from start to finish in less than 30 minutes!

Cooking with flavorful Campbell's Soup saves you valuable kitchen time because it eliminates the need for extra ingredients *and* helps you streamline preparation steps. We've included dozens of tasty recipes perfect for today's busy schedules. And every recipe is beautifully photographed so you'll know what it looks like *before* you begin cooking.

So for delicious recipes that take practically *no time* to cook, turn the page and get ready, set...go! From our Kitchens to yours, we give you these Campbell favorites—they're *M'm! M'm! Good!*



Campbell's Family of Cooking Soups

NO-TIME-TO-COOK KITCHEN TIPS
When there's *no time to cook*, here are some helpful suggestions on how to get in and out of the kitchen—*fast!*

ORGANIZING YOUR KITCHEN

- Keep utensils needed for each work area (countertop, sink and range) within easy reach.
- Keep countertops free from clutter.
- Alphabetize herbs and spices.
- Turn labels on cans or boxes toward the front of your shelves so you can read them at a glance.
- Keep food processor and other time-saving appliances within easy reach.
- Store frequently used items in the same place, so there's no need to spend time hunting for them.

PLANNING AHEAD

- Plan a week of menus turning *leftovers* into "planned overs." For example, serve roast chicken for a weekend dinner and use the *planned* over cooked chicken to make Chicken Quesadillas (page 36) for Tuesday's dinner.
- Keep a grocery list on the refrigerator door or other convenient location to jot down items as they are used up.
- Do as much of the grocery shopping as possible at one time and avoid supermarket *rush hours*—times when the checkout lines are long and the aisles are crowded.
- Purchase time- and work-saving ingredients. For example, although prestretched cheese, supermarket salad-bar makings and skinless, boneless chicken breasts may cost a few pennies more, often they are well worth the extra money spent. Items like these will reduce valuable time spent in the kitchen.
- When cooking pasta or rice for dinner, cook a double batch to use in another meal or recipe, such as Beef and Mozzarella Bake (page 48).
- Plan easy-to-make, fast-to-fix entrées such as Lemon Asparagus Chicken (page 16) or Skillet Broccoli Chicken (page 34). Both can be made in only 25 minutes!

PREPARING AND COOKING MEALS

- Before you begin, organize the preparation of the meal.
- When using a recipe, read it first so you'll be familiar with the ingredients and cooking method.
- Plan to overlap preparation and cooking steps. For example, while the Chili con Carne simmers (page 54), assemble the salad and set the table. Or, while waiting for water to boil or meat to brown, start chopping vegetables, opening cans or mixing a filling.
- Assemble all ingredients *before* you begin cooking.
- Begin meal preparation by starting with the food that takes the longest to cook. Start heating the water to cook rice or noodles *first*, before browning meat, chopping vegetables, opening cans or measuring ingredients.
- Clean up as you cook.
- Make mealtime *family time* and involve the whole family. Divide the meal preparation into parts, giving each member a job to do. For example, a young child can set the table while an older child makes the salad.

Simply Delicious Poultry



BROCCOLI-CHEESE CHICKEN

For an easy garnish, sprinkle with toasted sliced almonds before serving.

- 1 tablespoon margarine or butter
- 4 skinless, boneless chicken breast halves (about 1 pound)
- 1 can (10¾ ounces) CAMPBELL'S condensed Broccoli Cheese Soup
- 2 cups fresh broccoli flowerets
- ½ cup water or milk
- ¼ teaspoon black pepper
- Fresh oregano sprigs and fresh kumquats or orange slices for garnish

■ In 10-inch skillet over medium-high heat, in hot margarine, cook chicken 10 minutes or until browned on both sides. Remove; set aside.

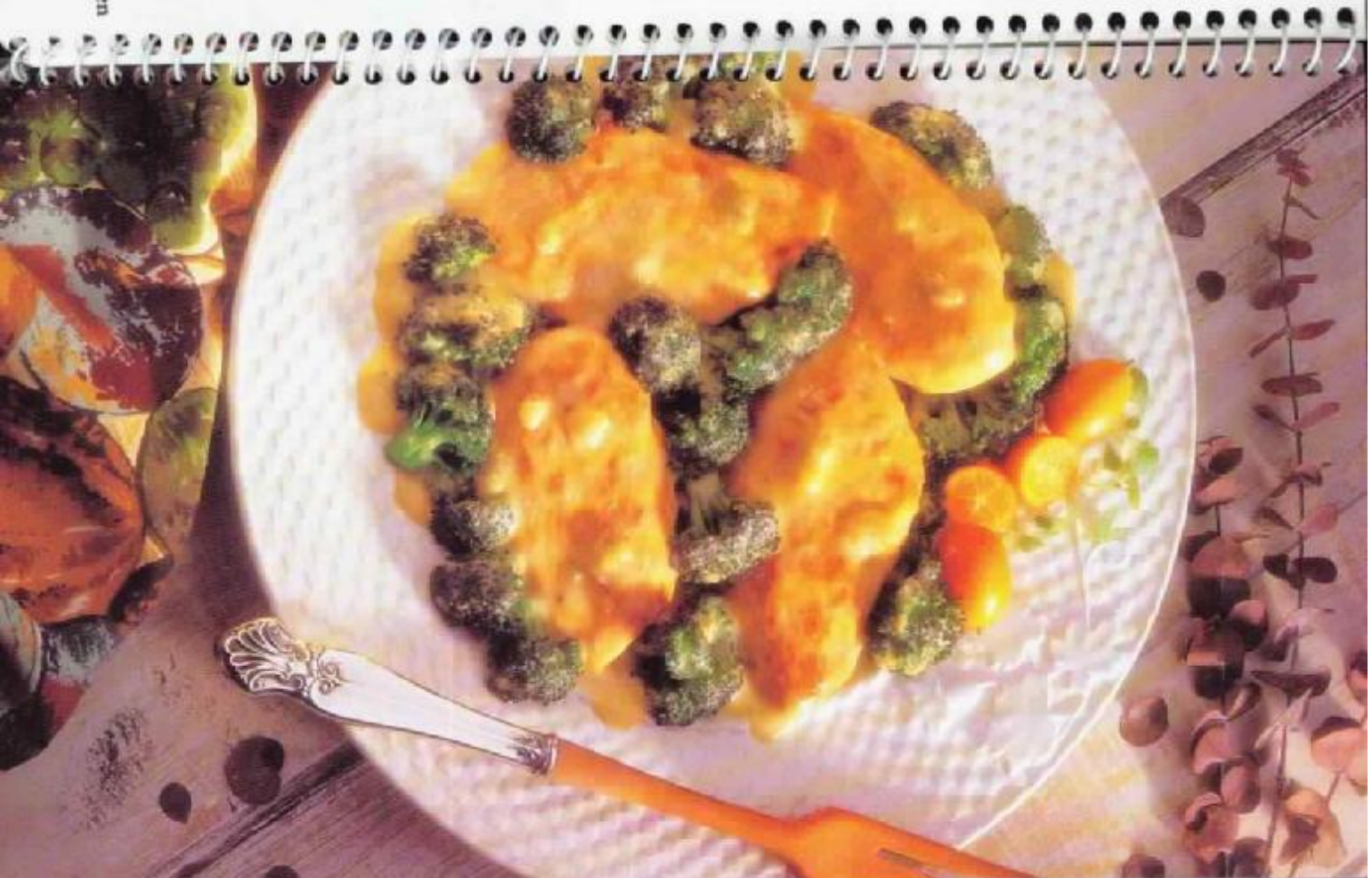
■ In same skillet, combine soup, broccoli, water and black pepper. Heat to boiling. Return chicken to skillet. Reduce heat to low. Cover; cook 10 minutes or until chicken is no longer pink and broccoli is tender, stirring occasionally. Garnish with oregano and kumquats, if desired.

Makes 4 servings

Prep Time: 5 minutes
Cook Time: 25 minutes

Asparagus-Cheese Chicken: Prepare Broccoli-Cheese Chicken as directed above, except substitute 12 fresh asparagus spears, cut into 2-inch pieces, or 1 package (10 ounces) frozen asparagus cuts for the broccoli.

Broccoli-Cheese Chicken



CRISPY CHICKEN WITH ASPARAGUS SAUCE

1 egg or 2 egg whites
4 skinless, boneless chicken breast halves or 8 boneless chicken thighs (about 1 pound)

½ cup dry bread crumbs

2 tablespoons vegetable oil

1 can (10½ ounces) CAMPBELL'S condensed Cream of Asparagus Soup

½ cup milk

½ cup water

Grated Parmesan cheese

4 cups hot cooked rice

Sweet yellow pepper strips *and* fresh Italian parsley sprig for garnish

■ In shallow dish, beat egg. Dip chicken into egg. On waxed paper, coat chicken with bread crumbs. (*Pictured below.*)

■ In 10-inch skillet over medium-low heat, in hot oil, cook chicken 15 minutes or until browned on both sides and no longer pink. Remove; keep warm. Pour off fat.

■ In same skillet, combine soup, milk and water. Heat through, stirring occasionally. Spoon soup mixture over chicken. Sprinkle with Parmesan cheese. Serve with rice. Garnish with yellow pepper and parsley, if desired.

Makes 4 servings

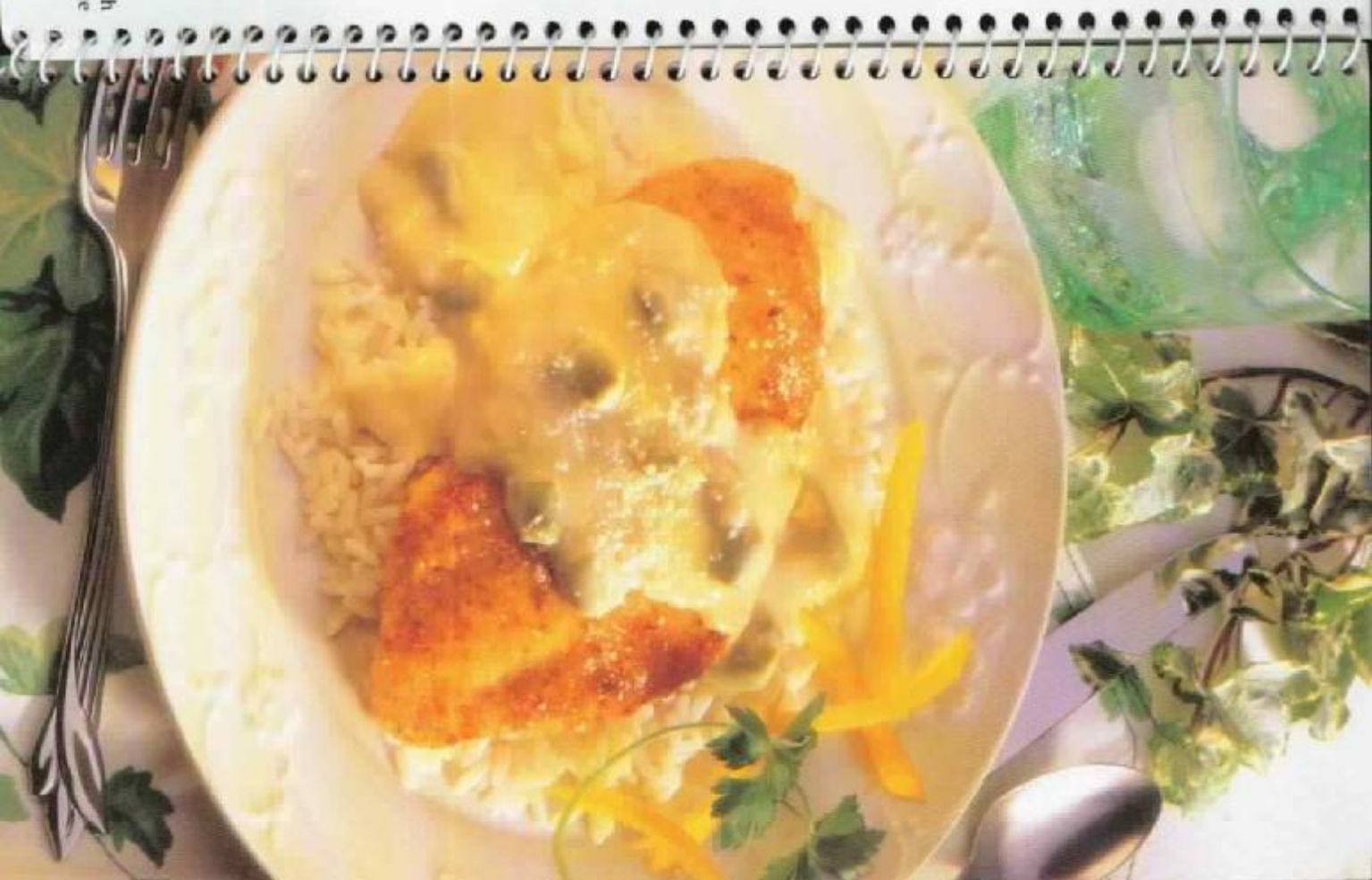
Prep Time: 10 minutes
Cook Time: 20 minutes

Coating chicken

Dip each piece of chicken into egg, allowing excess egg to drip back into dish. Coat both sides of chicken evenly with crumbs, shaking off excess crumbs.



Crispy Chicken with Asparagus Sauce



SPICY CHICKEN

- 2 tablespoons margarine or butter
- 1 pound skinless, boneless chicken breasts, cut into 1½-inch pieces
- 1 medium green pepper, chopped (about ¾ cup)
- 1 medium onion, chopped (about ½ cup)
- ½ teaspoon dried oregano leaves, crushed
- ½ teaspoon paprika
- ¼ teaspoon black pepper
- ¼ teaspoon ground red pepper (cayenne)
- 1 can (about 16 ounces) stewed tomatoes, cut up
- 1 can (10½ ounces) CAMPBELL'S condensed Golden Corn Soup
- 1 cup cooked rice

Fresh oregano sprigs for garnish

- In 10-inch skillet over medium-high heat, in 1 *tablespoon* hot margarine, cook *half* of the chicken until browned, stirring often. Remove; set aside. Repeat with remaining chicken.
- Reduce heat to medium. In same skillet, in remaining 1 *tablespoon* hot margarine, cook green pepper, onion, dried oregano, paprika, black pepper and red pepper until vegetables are tender-crisp, stirring often.
- Stir in tomatoes, soup and rice. Heat to boiling. Return chicken to skillet. Reduce heat to low. Cover; cook 5 minutes or until chicken is no longer pink, stirring occasionally. Garnish with fresh oregano, if desired.

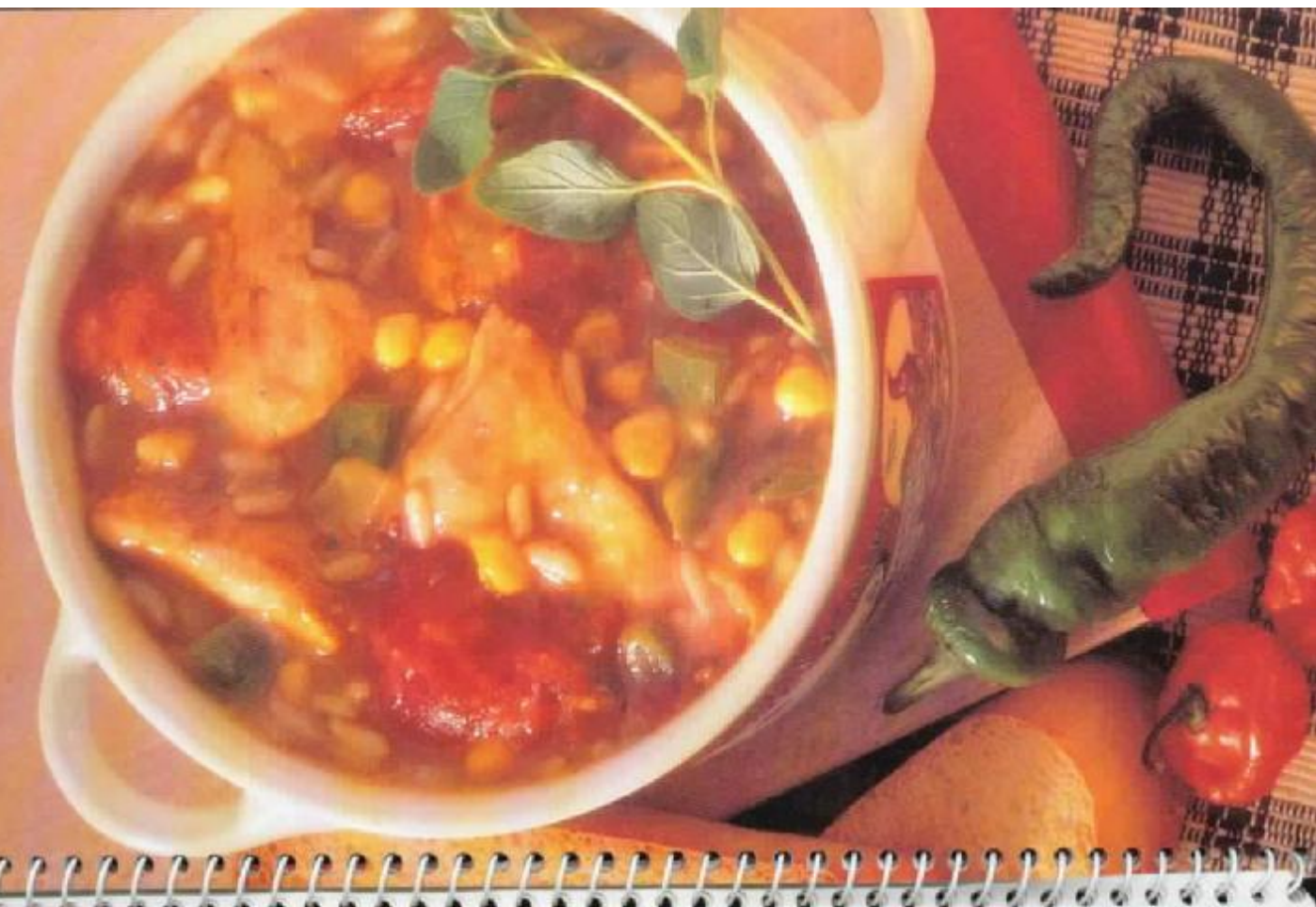
Makes about 5½ cups or
4 servings

Prep Time: 20 minutes
Cook Time: 25 minutes

Cajun Chicken: Prepare Spicy Chicken as directed above, *except* substitute 2 teaspoons *Cajun seasoning* for the oregano, paprika, black pepper and ground red pepper.

Spicy Chicken and Sausage: Prepare Spicy Chicken as directed above, *except* cook 1 link (about 1½ ounces) *smoked sausage*, chopped, with the chicken. Substitute 1 can (about 16 ounces) *Cajun-style stewed tomatoes* for the stewed tomatoes.

Spicy Chicken



CHICKEN DIJON

2 tablespoons margarine *or* butter
4 skinless, boneless chicken breast halves (about 1 pound)
1 medium onion, chopped (about $\frac{1}{2}$ cup)
1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Cream of Mushroom

Soup

$\frac{1}{4}$ cup apple juice *or* milk
1 tablespoon chopped fresh parsley *or* 1 teaspoon dried parsley flakes

1 tablespoon Dijon-style mustard
4 cups hot cooked medium egg noodles (about 4 cups dry)

Fresh Italian parsley *and* crab apples for garnish

■ In 10-inch skillet over medium-high heat, in 1 *tablespoon* hot margarine, cook chicken 10 minutes *or* until browned on both sides. Remove; set aside.

■ Reduce heat to medium. In same skillet, in remaining 1 *tablespoon* hot margarine, cook onion until tender, stirring often.

■ Stir in soup, apple juice, chopped parsley and mustard. Heat to boiling. Return chicken to skillet. Reduce heat to low. Cover; cook 5 minutes *or* until chicken is no longer pink, stirring occasionally. Serve with noodles. Garnish with Italian parsley and apples, if desired.

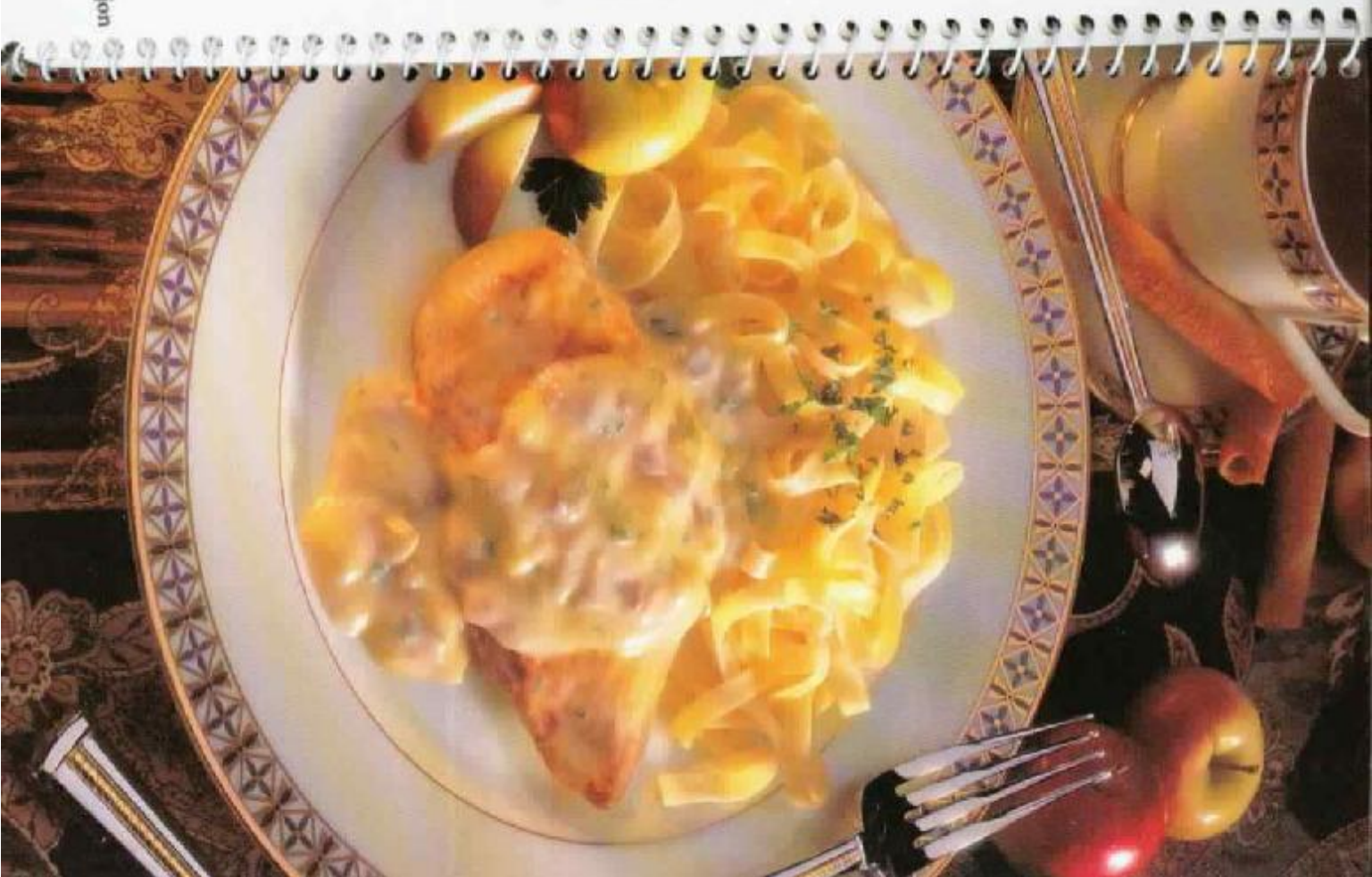
Makes 4 servings

Prep Time: 5 minutes
Cook Time: 25 minutes



Before you begin, start heating water to cook the noodles.

Chicken Dijon



CHICKEN-BROCCOLI AU GRATIN

See directions below for making "carrot flowers," as pictured opposite.
Or, you may garnish each serving with several carrot curls.

1 can (10¾ ounces) CAMPBELL'S condensed Cream of

Chicken & Broccoli Soup

¼ cup milk

4 skinless, boneless chicken breast halves (about 1 pound)

3 tablespoons dry bread crumbs

2 tablespoons grated Parmesan cheese

2 tablespoons margarine or butter, melted

Fresh Italian parsley sprigs and carrot flowers or carrot curls
for garnish

■ In 2-quart oblong baking dish, combine soup and milk. Arrange chicken in soup mixture, turning to coat.

■ In small bowl, combine bread crumbs, Parmesan cheese and margarine. Pat mixture on top of each chicken piece. Bake at 400°F. for 25 minutes or until chicken is no longer pink. Stir sauce; spoon over chicken. Garnish with parsley and carrot flowers, if desired.

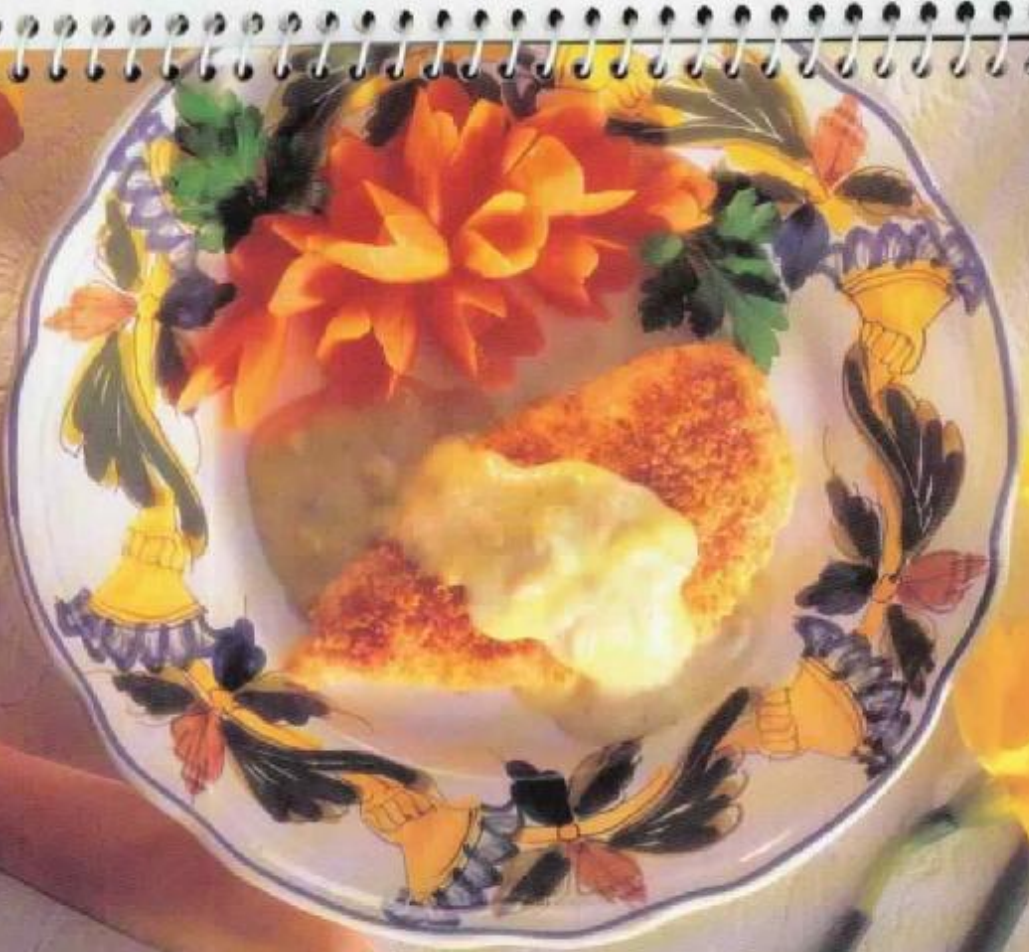
Makes 4 servings

Prep Time: 10 minutes
Cook Time: 25 minutes

Tip

Like radish roses, carrot flowers are easy to make. Select medium carrots for best results. Hold peeled carrot in one hand, with stem end of carrot extending beyond the palm of your hand. Using paring knife, place knife about 3 inches from stem end. To make one "petal," make a diagonal cut toward stem end almost to center of carrot. Working in clockwise direction, make 3 or 4 more diagonal cuts for additional "petals." After cutting, gently twist end of carrot to snap off "carrot flower."

Chicken-Broccoli au Gratin



BAKED CRISPY CHICKEN

Pictured opposite, this herbed chicken entrée is served with steamed sliced zucchini and sweet yellow pepper strips.

1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Cream of Chicken Soup

$\frac{1}{2}$ cup milk

4 skinless, boneless chicken breast halves (about 1 pound)

2 tablespoons all-purpose flour

$\frac{1}{2}$ cups PEPPERIDGE FARM Herb Seasoned Stuffing, finely crushed

2 tablespoons margarine or butter, melted

Fresh rosemary sprigs for garnish

■ In shallow dish, combine $\frac{1}{2}$ cup soup and $\frac{1}{4}$ cup milk; set aside.

■ On waxed paper, lightly coat chicken with flour; dip into soup mixture. On another piece of waxed paper, coat chicken with stuffing.

■ On baking sheet, arrange chicken. Drizzle with margarine. Bake at 400°F. for 20 minutes or until chicken is no longer pink.

■ Meanwhile, in 1-quart saucepan, combine remaining soup and $\frac{1}{4}$ cup milk. Over medium heat, heat through, stirring occasionally. Serve with chicken. Garnish with rosemary, if desired.

Makes 4 servings

Prep Time: 15 minutes
Cook Time: 20 minutes

Tip You may substitute 2 pounds chicken parts, skinned, for the boneless chicken. Arrange chicken in 2-quart shallow baking dish. Bake at 375°F. for 1 hour or until chicken is no longer pink and juices run clear.

Baked Crispy Chicken



LEMON ASPARAGUS CHICKEN

1 tablespoon vegetable oil
4 skinless, boneless chicken breast halves (about 1 pound)
1 can (10½ ounces) CAMPBELL'S condensed Cream of Asparagus Soup

¾ cup milk

1 tablespoon lemon juice

½ teaspoon black pepper

4 cups hot cooked linguine (about 8 ounces dry)

Lemon slices *and* cooked fresh asparagus spears for garnish

■ In 10-inch skillet over medium-high heat, in hot oil, cook chicken 10 minutes or until browned on both sides. Remove; set aside. Pour off fat.

■ In same skillet, combine soup, milk, lemon juice and black pepper. Heat to boiling. Return chicken to skillet. Reduce heat to low. Cover; cook 5 minutes or until chicken is no longer pink, stirring occasionally. Serve with linguine. Garnish with lemon slices and asparagus, if desired.

Makes 4 servings

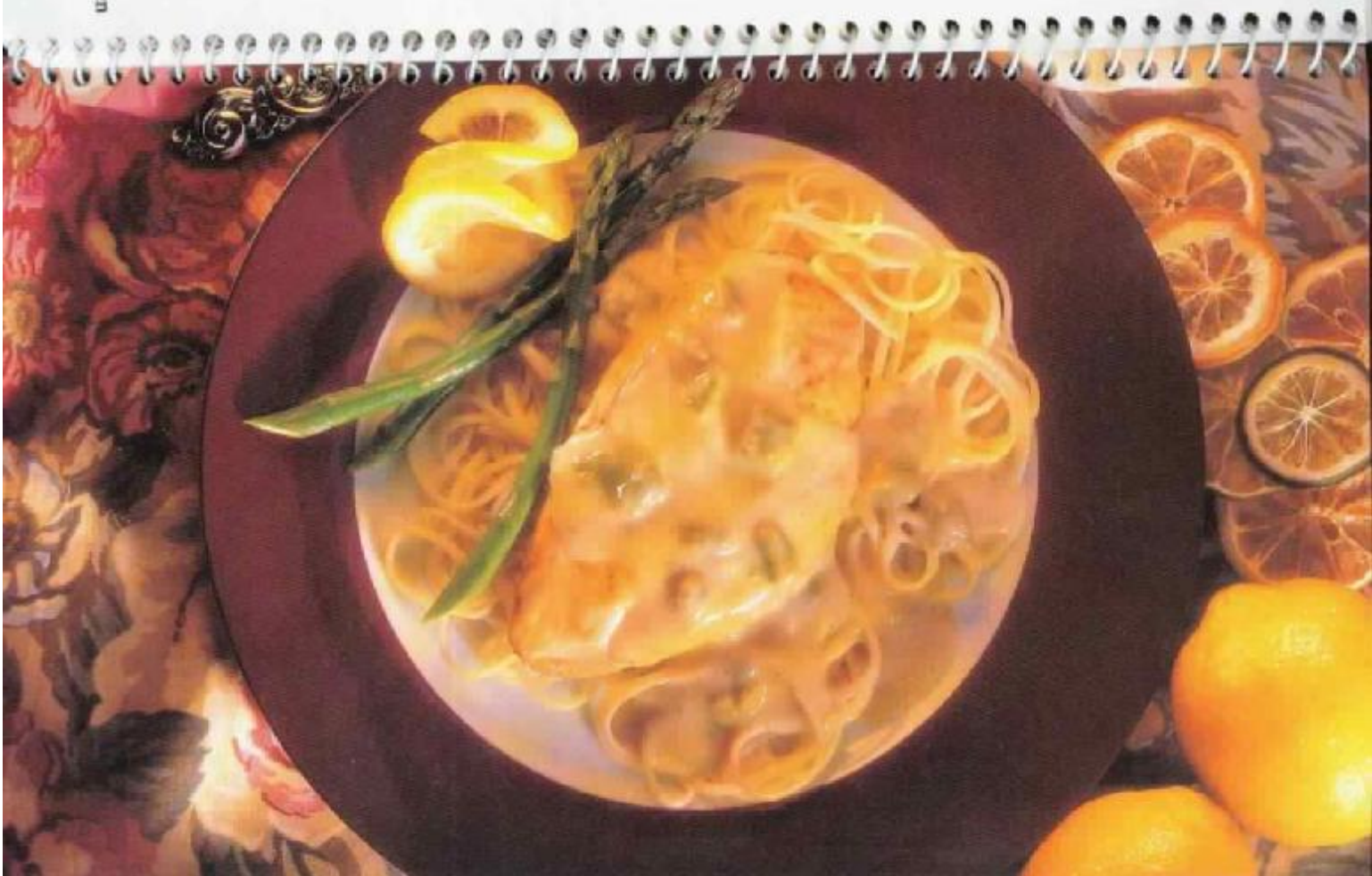
Prep Time: 5 minutes

Cook Time: 20 minutes

Tip

Before you begin, start heating water to cook the linguine.

Lemon Asparagus Chicken



ORIENTAL CHICKEN SKILLET

When fresh beans are in season, you may substitute ½ pound fresh green beans, cut into 2-inch pieces, for the frozen beans.

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves (about 1 pound)
- 1 can (10¾ ounces) CAMPBELL'S condensed Cream of Chicken Soup

- 1 package (9 ounces) frozen cut green beans
- 2 large green onions, cut into 1-inch pieces (about ½ cup)
- ½ cup water
- 1 tablespoon soy sauce
- ¼ teaspoon ground ginger
- 4 cups hot cooked rice

Fresh plum slices and green onion curls for garnish

- In 10-inch skillet over medium-high heat, in hot oil, cook chicken 10 minutes or until browned on both sides. Remove; set aside. Pour off fat.
- In same skillet, combine soup, green beans, onion pieces, water, soy sauce and ginger. Heat to boiling. Return chicken to skillet. Reduce heat to low. Cover; cook 10 minutes or until chicken is no longer pink and green beans are tender, stirring occasionally. Serve with rice. Garnish with plum slices and green onion curl, if desired.

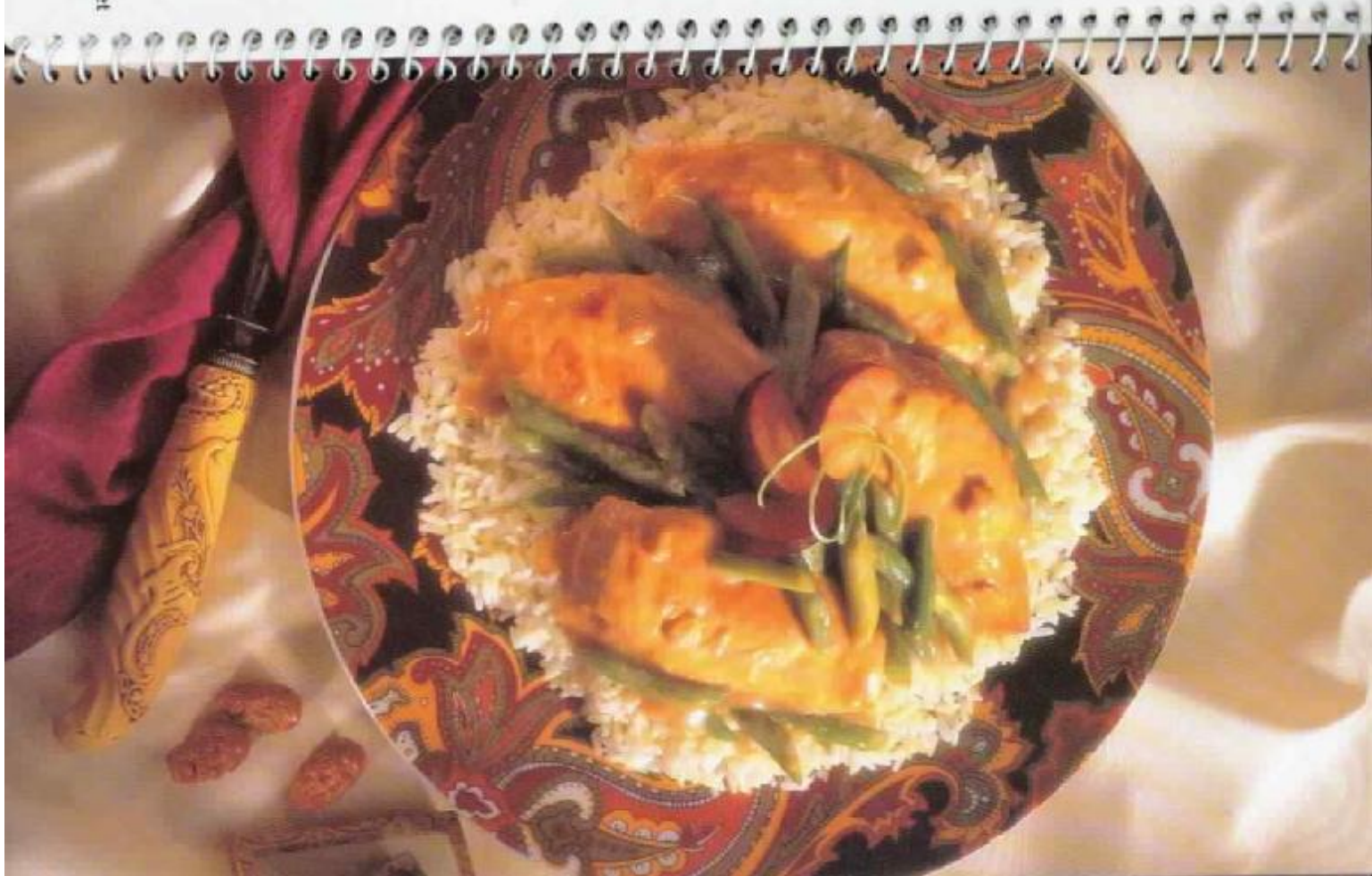
Makes 4 servings

Prep Time: 5 minutes
Cook Time: 25 minutes

Tip

Before you begin, start heating water to cook the rice.

Oriental Chicken Skillet



CRUNCHY CHICKEN BAKE

Pictured opposite, this savory chicken entree is served with steamed, sliced yellow squash and hot cooked rice. Before you begin, start heating water to cook the rice.

8 skinless, boneless chicken breast halves (about 2 pounds)
4 slices (about 4 ounces) Swiss or American cheese, each cut in half
1 can (10¾ ounces) CAMPBELL'S condensed Cream of Broccoli

Soup

8 tomato slices
2 tablespoons margarine or butter, melted
½ cup PEPPERIDGE FARM Herb Seasoned Stuffing, crushed
8 cups hot cooked rice

Fresh oregano sprigs for garnish

- In 3-quart oblong baking dish, arrange chicken. Top with cheese.
- In small bowl, stir soup; spread over cheese. (Pictured below.) Top with tomatoes. In another small bowl, combine margarine and stuffing; sprinkle over tomatoes.
- Bake at 400°F. for 25 minutes or until chicken is no longer pink. Serve with rice. Garnish with oregano, if desired.

Makes 8 servings

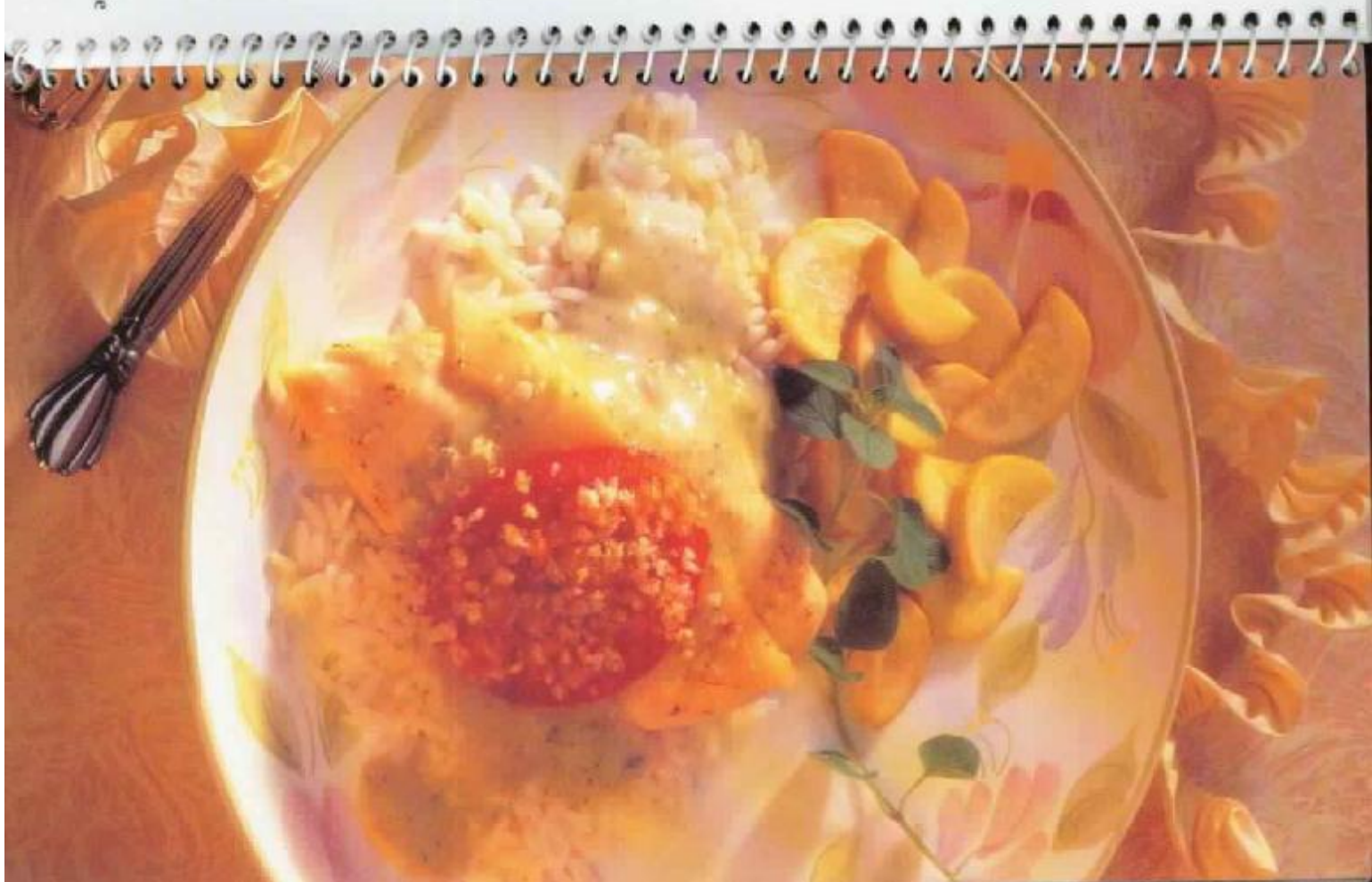
Prep Time: 10 minutes
Cook Time: 25 minutes



Assembling casserole

Spoon some of the soup onto one cheese slice. Use rubber spatula to spread soup evenly over cheese and chicken. Repeat with remaining soup.

Crunchy Chicken Bake



ORANGE-GLAZED CHICKEN

For a colorful addition, stir chopped fresh parsley into the hot cooked rice.

- 1 tablespoon margarine or butter
- 6 skinless, boneless chicken breast halves (about 1½ pounds)
- 2 tablespoons cornstarch
- 1 can (14½ ounces) SWANSON Ready To Serve Clear Vegetable Broth

- ½ cup sweet orange marmalade or apple jelly
- 1 teaspoon lemon juice
- 6 cups hot cooked rice

Fresh thyme sprigs, orange slices and chopped, toasted pecans for garnish

- In 10-inch skillet over medium-high heat, in hot margarine, cook half of the chicken 10 minutes or until browned on both sides. Remove; set aside. Repeat with remaining chicken.
- In small bowl, stir together cornstarch, broth, marmalade and lemon juice until smooth. Add to skillet. Cook until mixture boils and thickens, stirring constantly.
- Return chicken to skillet. Reduce heat to low. Cook, uncovered, 5 minutes or until chicken is no longer pink, stirring occasionally. Serve with rice. Garnish with thyme, orange slices and pecans, if desired.

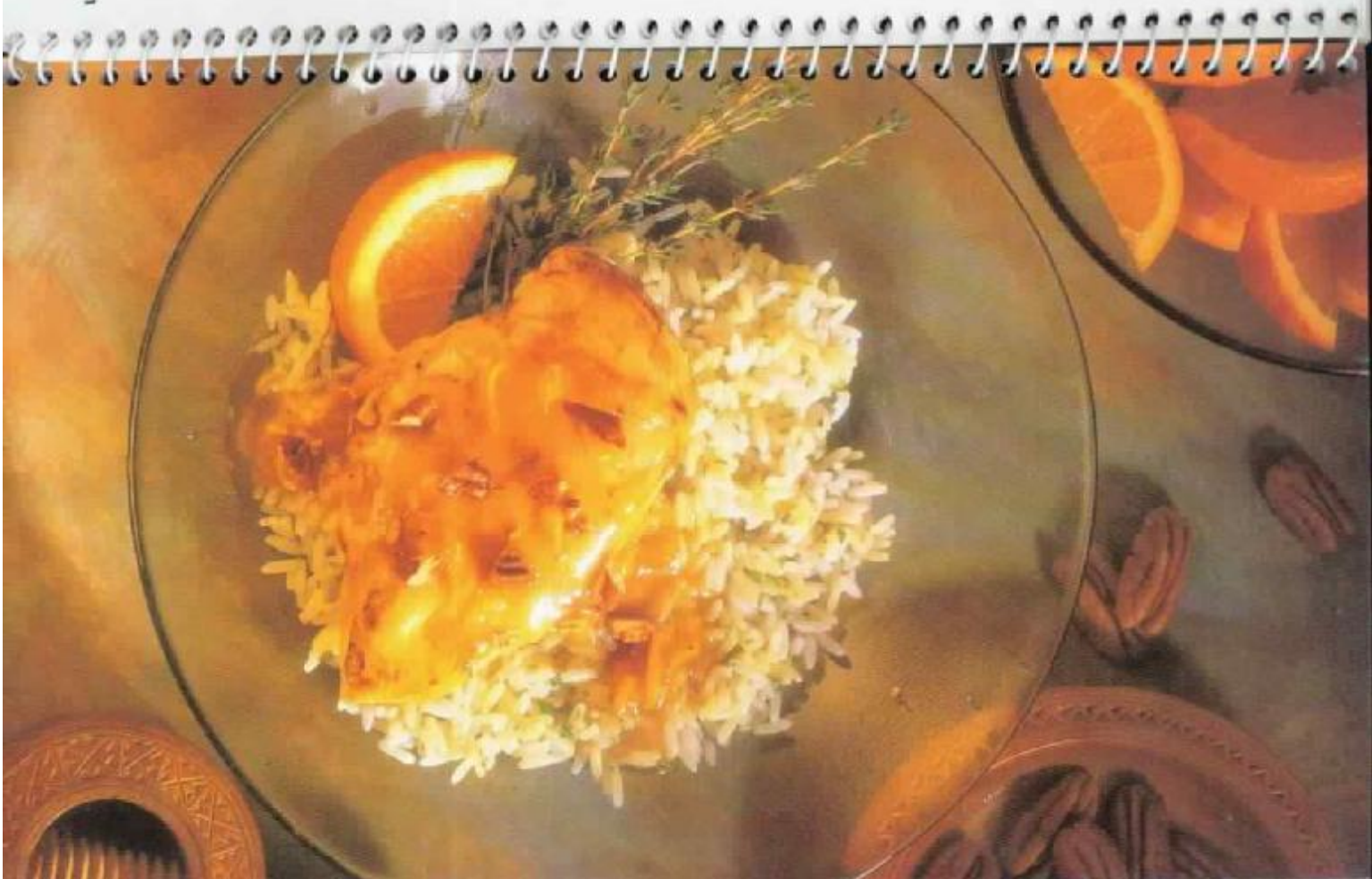
Makes 6 servings

Prep Time: 5 minutes
Cook Time: 30 minutes

Tip

Before you begin, start heating water to cook the rice.

Orange-Glazed Chicken



SHORTCUT BARBECUED CHICKEN

If you like, serve with hot buttered corn on the cob, crusty Italian bread and a garden salad.

- 1 can (10½ ounces) CAMPBELL'S condensed Tomato Soup
- 2 tablespoons honey
- 1 teaspoon dry mustard
- ½ teaspoon onion powder
- 4 chicken breast halves (about 2 pounds), skinned
- Fresh Italian parsley sprigs for garnish

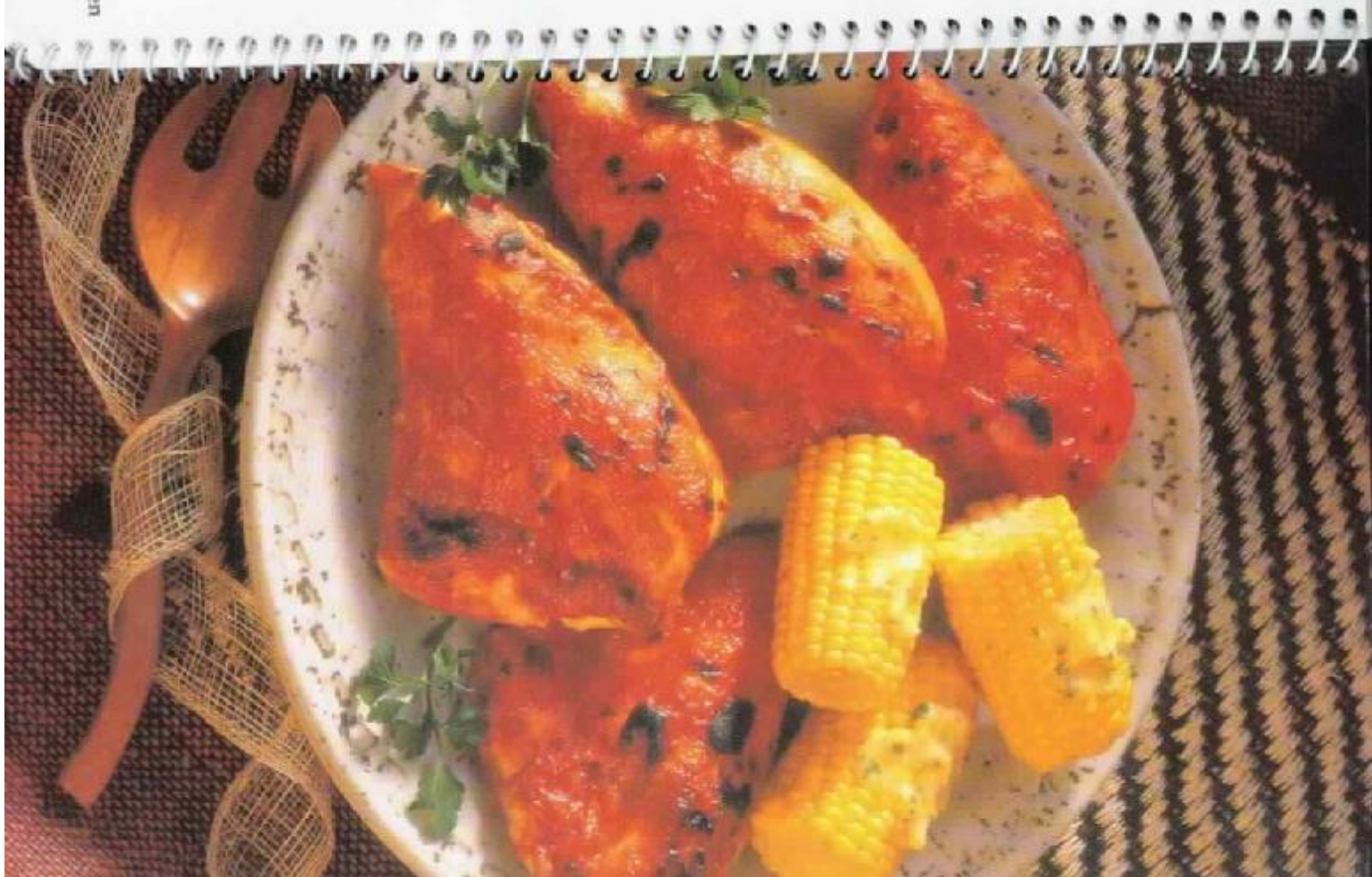
- In medium bowl, combine soup, honey, mustard and onion powder.
- Arrange chicken, bone side up, on rack in broiler pan. Brush chicken with soup mixture. Broil 6 inches from heat 30 minutes or until no longer pink and juices run clear, turning once and brushing often with soup mixture during cooking. Garnish with parsley, if desired.

Makes 4 servings

Prep Time: 10 minutes
Cook Time: 30 minutes

Tip When purchasing chicken, buy about ½ pound bone-in chicken or ¼ pound skinless, boneless chicken for each main-dish serving.

Shortcut Barbecued Chicken



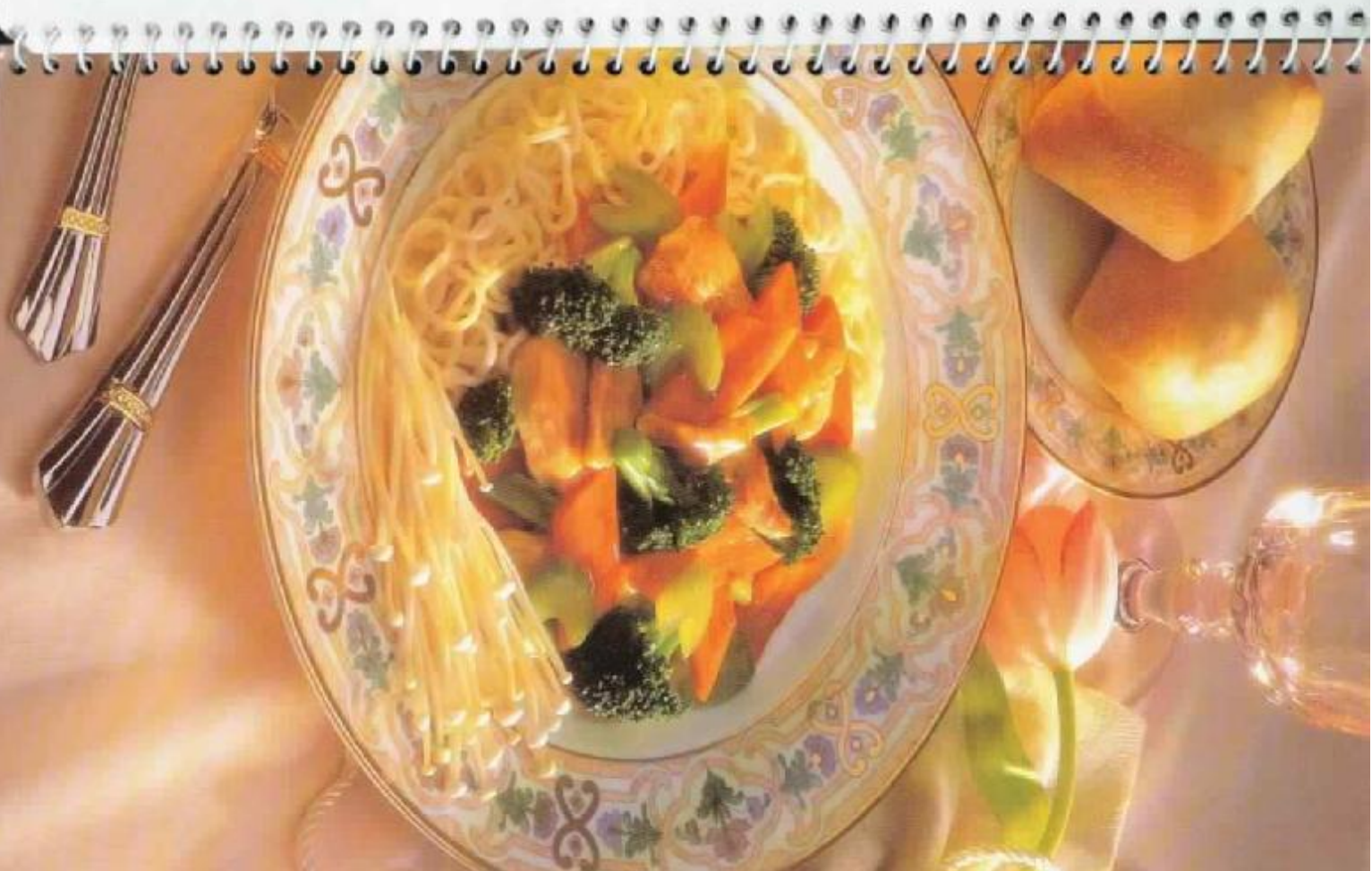
ORIENTAL CHICKEN AND NOODLES

- 2 tablespoons cornstarch
 - 1 can (14½ ounces) SWANSON Ready To Serve Clear Chicken Broth
 - 1 tablespoon soy sauce
 - 2 packages (3 ounces *each*) CAMPBELL'S *or* RAMEN PRIDE Chicken Flavor Ramen Noodle Soup
 - 2 tablespoons vegetable oil
 - 1 pound skinless, boneless chicken breasts, cut into strips
 - 5 cups cut-up fresh vegetables (broccoli, green onions, celery and carrots)
 - ¼ teaspoon ground ginger
 - ⅓ teaspoon garlic powder *or* 1 clove garlic, minced
 - Fresh enoki mushrooms for garnish
- In small bowl, stir together cornstarch, broth and soy sauce until smooth; set aside. Cook noodles according to package directions. (Reserve seasoning packets for another use.) Drain off most of liquid; set aside.
 - In 10-inch skillet or wok over medium-high heat, in 1 *tablespoon* hot oil, stir-fry *half* of the chicken until browned. Remove; set aside. Repeat with remaining chicken.
 - Reduce heat to medium. In same skillet, in remaining 1 *tablespoon* hot oil, stir-fry vegetables, ginger and garlic powder until vegetables are tender-crisp.
 - Add reserved cornstarch mixture. Cook until mixture boils and thickens, stirring constantly. Return chicken to skillet. Heat through, stirring occasionally. Serve over noodles. Pass with additional *soy* sauce, if desired. Garnish with mushrooms, if desired.

Makes 4 servings

Prep Time: 20 minutes
Cook Time: 20 minutes

Oriental Chicken and Noodles



CHICKEN-MUSHROOM RISOTTO

2 tablespoons margarine *or* butter
 ¾ pound skinless, boneless chicken breasts, cut into cubes
 1 cup uncooked regular long-grain rice
 1 medium carrot *or* 1 small sweet red pepper, finely chopped
 (about ½ cup)

1 small onion, finely chopped (about ½ cup)

1 can (14½ ounces) SWANSON Ready To Serve Clear Chicken

Broth

1 can (10¾ ounces) CAMPBELL'S condensed Cream of Mushroom

Soup

½ teaspoon black pepper

½ cup frozen peas

Fresh celery leaves *and* carrot curl for garnish

■ In 10-inch skillet or 3-quart saucepan over medium-high heat, in 1 *tablespoon* hot margarine, cook chicken until browned, stirring often. Remove; set aside.

■ Reduce heat to medium. In same saucepan, in remaining 1 *tablespoon* hot margarine, cook rice, chopped carrot and onion until rice is browned, stirring constantly. (Pictured below.) Stir in broth, soup and black pepper. Heat to boiling. Reduce heat to low. Cover; cook 15 minutes, stirring occasionally.

■ Stir in peas and reserved chicken. Cover; cook 5 minutes more or until rice is tender and liquid is absorbed, stirring occasionally. Garnish with celery leaves and carrot curl, if desired.

Makes about 4½ cups or
4 servings

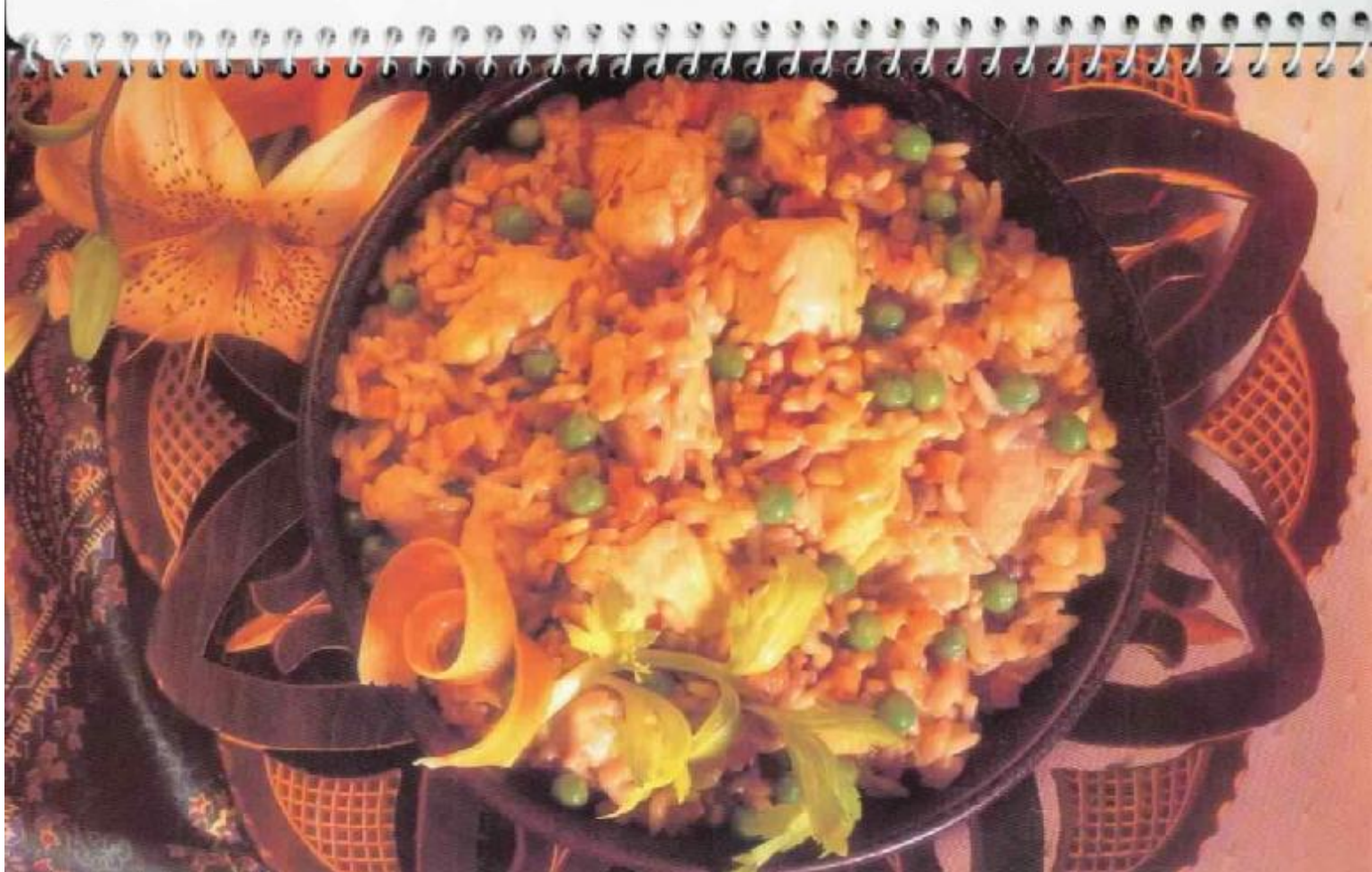
Prep Time: 10 minutes
Cook Time: 35 minutes

Browning rice

In 10-inch skillet, cook rice, carrot and onion until rice is golden brown, stirring constantly.



Chicken-Mushroom Risotto



EASY CHICKEN STROGANOFF

- 2 tablespoons margarine *or* butter
- 1 pound skinless, boneless chicken breasts, cut into strips
- 2 cups sliced fresh mushrooms (about 6 ounces)
- 1 medium onion, chopped (about $\frac{1}{2}$ cup)
- 1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Cream of Chicken Soup

- $\frac{1}{2}$ cup sour cream *or* plain yogurt
- 4 cups hot cooked medium egg noodles (about 4 cups dry)

Chopped fresh parsley, paprika, orange peel curls *and* fresh oregano sprigs for garnish

- In 10-inch skillet over medium-high heat, in 1 *tablespoon* hot margarine, cook *half* of the chicken until browned, stirring often. Remove; set aside. Repeat with remaining chicken.
- Reduce heat to medium. In same skillet, in remaining 1 *tablespoon* hot margarine, cook mushrooms and onion until vegetables are tender and liquid is evaporated, stirring often.
- Stir in soup and sour cream. Heat to boiling. Return chicken to skillet. Heat through, stirring occasionally. Serve over noodles. Sprinkle with parsley and paprika. Garnish with orange peel and oregano, if desired.

Makes 4 servings

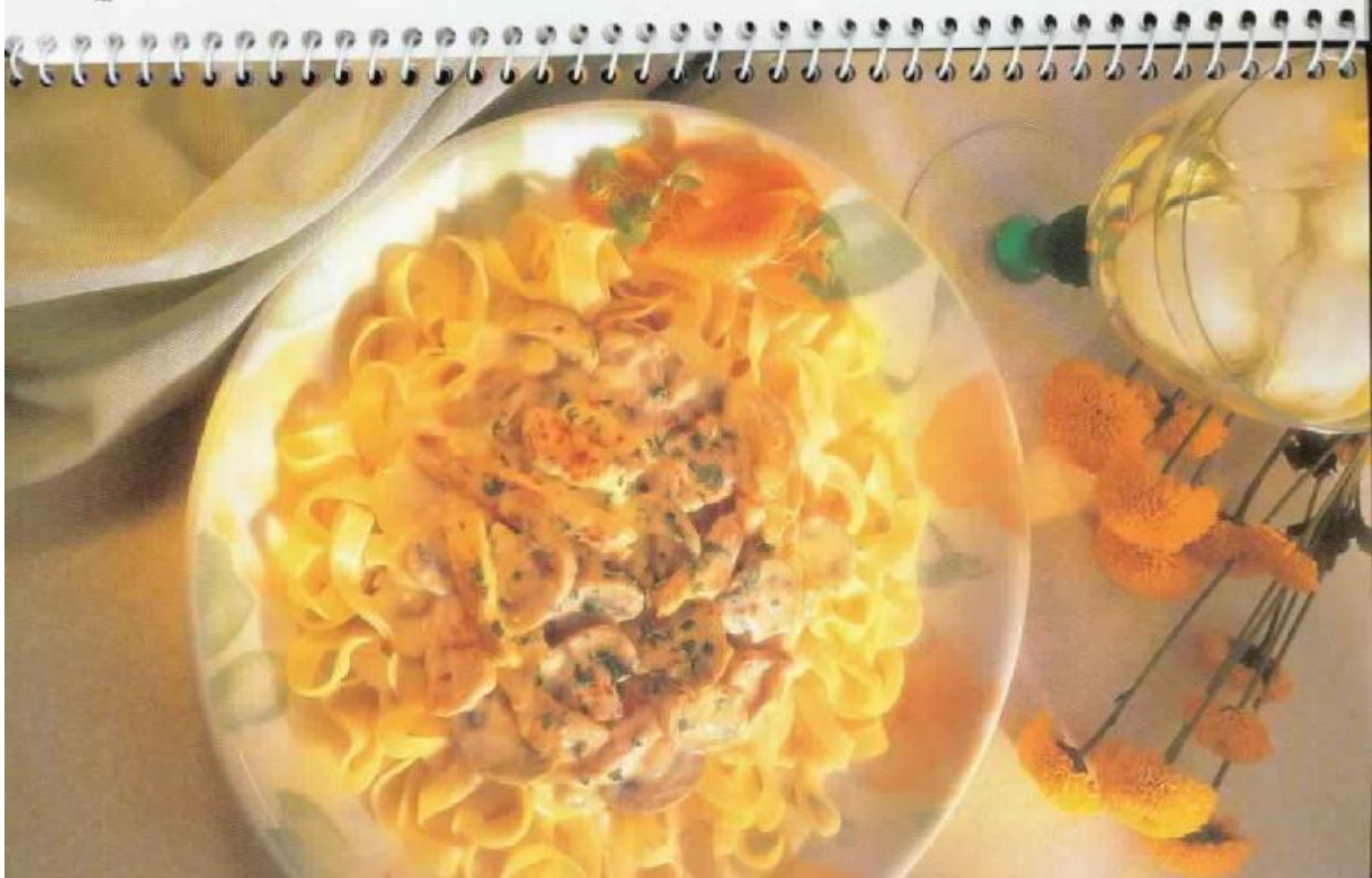
Prep Time: 15 minutes
Cook Time: 20 minutes

Easy Turkey Stroganoff: Prepare Easy Chicken Stroganoff as directed above, *except* substitute 1 pound *turkey breast cutlets or slices*, cut into thin strips, for the chicken.



Before you begin, start heating water to cook the noodles.

Easy Chicken Stroganoff



BAKED ONION CHICKEN

This three-step recipe bakes in only 20 minutes! Serve with cole slaw, bread sticks and fresh fruit for an extra-easy meal.

- 1 pouch CAMPBELL'S Dry Onion Soup Mix with Chicken Broth
- $\frac{3}{4}$ cup dry bread crumbs
- $\frac{1}{8}$ teaspoon black pepper
- 1 egg *or* 2 egg whites
- 2 tablespoons water
- 12 skinless, boneless chicken thighs *or* 6 skinless, boneless chicken breast halves (about $1\frac{1}{2}$ pounds)
- 2 tablespoons margarine *or* butter, melted (optional)
- Orange slices for garnish

- With rolling pin, crush soup mix in pouch. On waxed paper, combine soup mix, bread crumbs and black pepper.
- In shallow dish, beat together egg and water. Dip chicken into egg mixture; coat with crumb mixture.
- On baking sheet, arrange chicken. Drizzle with margarine. Bake at 400°F. for 20 minutes or until chicken is no longer pink. Garnish with orange slices, if desired.

Makes 6 servings

Prep Time: 10 minutes
Cook Time: 20 minutes

The U.S. Department of Agriculture operates a toll-free Meat and Poultry Hotline to answer your food safety questions about meat and poultry. From 10 a.m. to 4 p.m. Eastern Standard Time, Monday through Friday, home economists will answer your meat and poultry questions—just dial 1-800-535-4555. If you are in the Washington, DC metropolitan area, dial (202) 447-3333.*

*Source: U.S. Department of Agriculture—Food Safety and Inspection Service.

Baked Onion Chicken



SKILLET BROCCOLI CHICKEN

Ready in less than 30 minutes, this quick-to-fix recipe features new Cream of Chicken & Broccoli Soup.

1 tablespoon vegetable oil
4 skinless, boneless chicken breast halves (about 1 pound)
1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Cream of

Chicken & Broccoli Soup

$\frac{1}{2}$ cup milk

$\frac{1}{8}$ teaspoon black pepper

4 cups hot cooked rice

Chopped fresh parsley, carrot curls *and* apple wedges for garnish

■ In 10-inch skillet over medium-high heat, in hot oil, cook chicken 10 minutes or until browned on both sides. Remove; set aside. Pour off fat.

■ In same skillet, combine soup, milk and black pepper. Heat to boiling. Return chicken to skillet. Reduce heat to low. Cover; cook 5 minutes or until chicken is no longer pink, stirring occasionally. Serve with rice. Sprinkle with parsley; garnish with carrot curls and apple wedges, if desired.

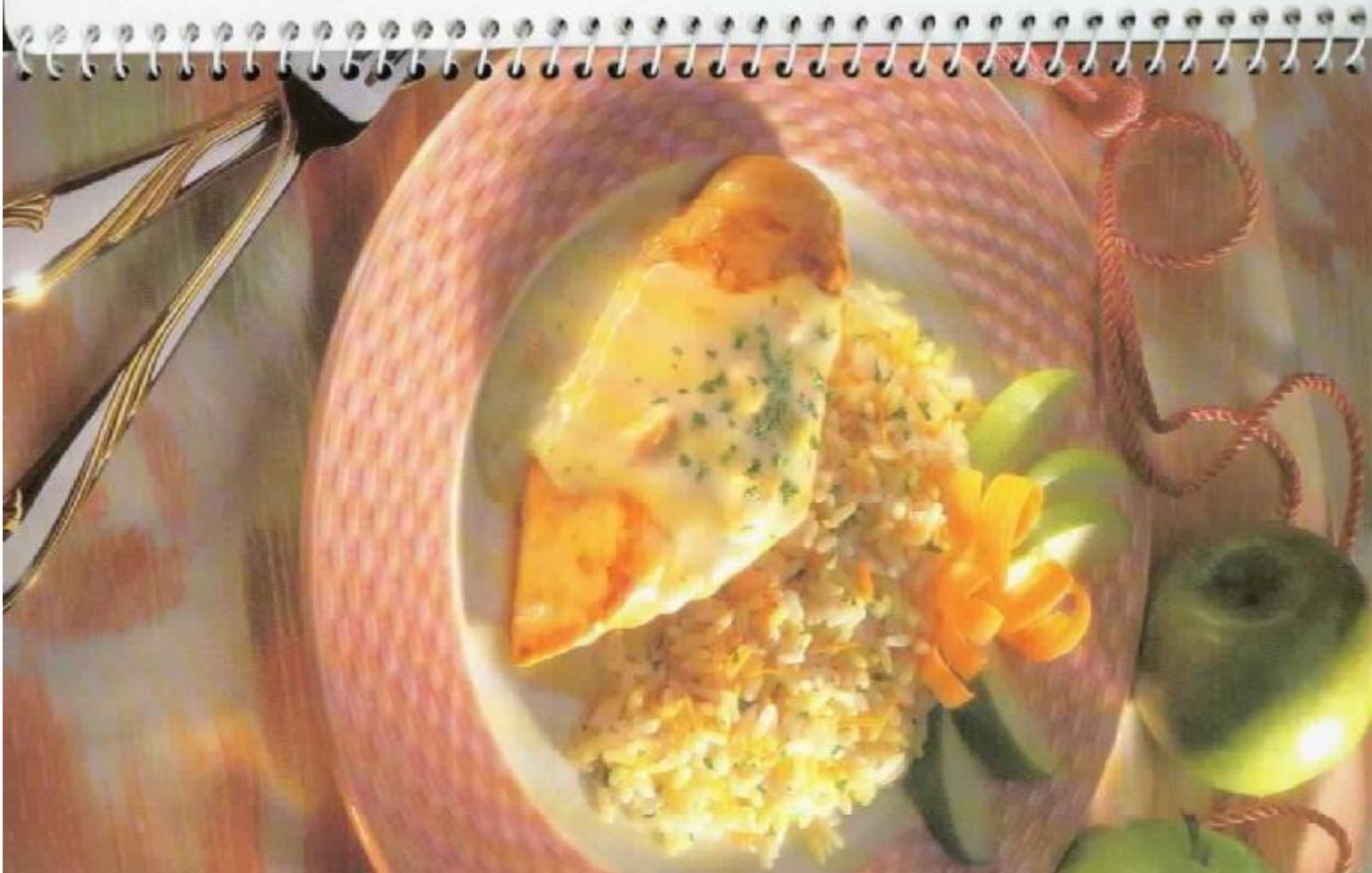
Makes 4 servings

Prep Time: 5 minutes
Cook Time: 20 minutes

Tip

Before you begin, start heating water to cook the rice.

Skillet Broccoli Chicken



CHICKEN QUESADILLAS

1 can (10½ ounces) CAMPBELL'S condensed Cream of Chicken Soup

1½ cups chopped cooked chicken

1 cup shredded Cheddar cheese (4 ounces)

1 fresh or canned jalapeño pepper, seeded and finely chopped (about 1 tablespoon), optional

8 flour tortillas (8 inches each)

Salsa

Sour cream

Fresh plum tomato slices, jalapeño pepper slices *and* fresh cilantro sprigs for garnish

■ In small bowl, combine soup, chicken, ½ cup Cheddar cheese and chopped jalapeño pepper.

■ Top *half* of each tortilla with ½ cup soup mixture, spreading evenly to within ½ inch of edge. Moisten edges of tortillas with water; fold over, pressing edges to seal. (Pictured below.) On two large baking sheets, arrange filled tortillas.

■ Bake at 400°F for 8 minutes or until hot. Sprinkle with remaining ½ cup Cheddar cheese. Serve with salsa and sour cream. Garnish with tomato, jalapeño pepper slices and cilantro, if desired.

Makes 8 quesadillas or 4 servings

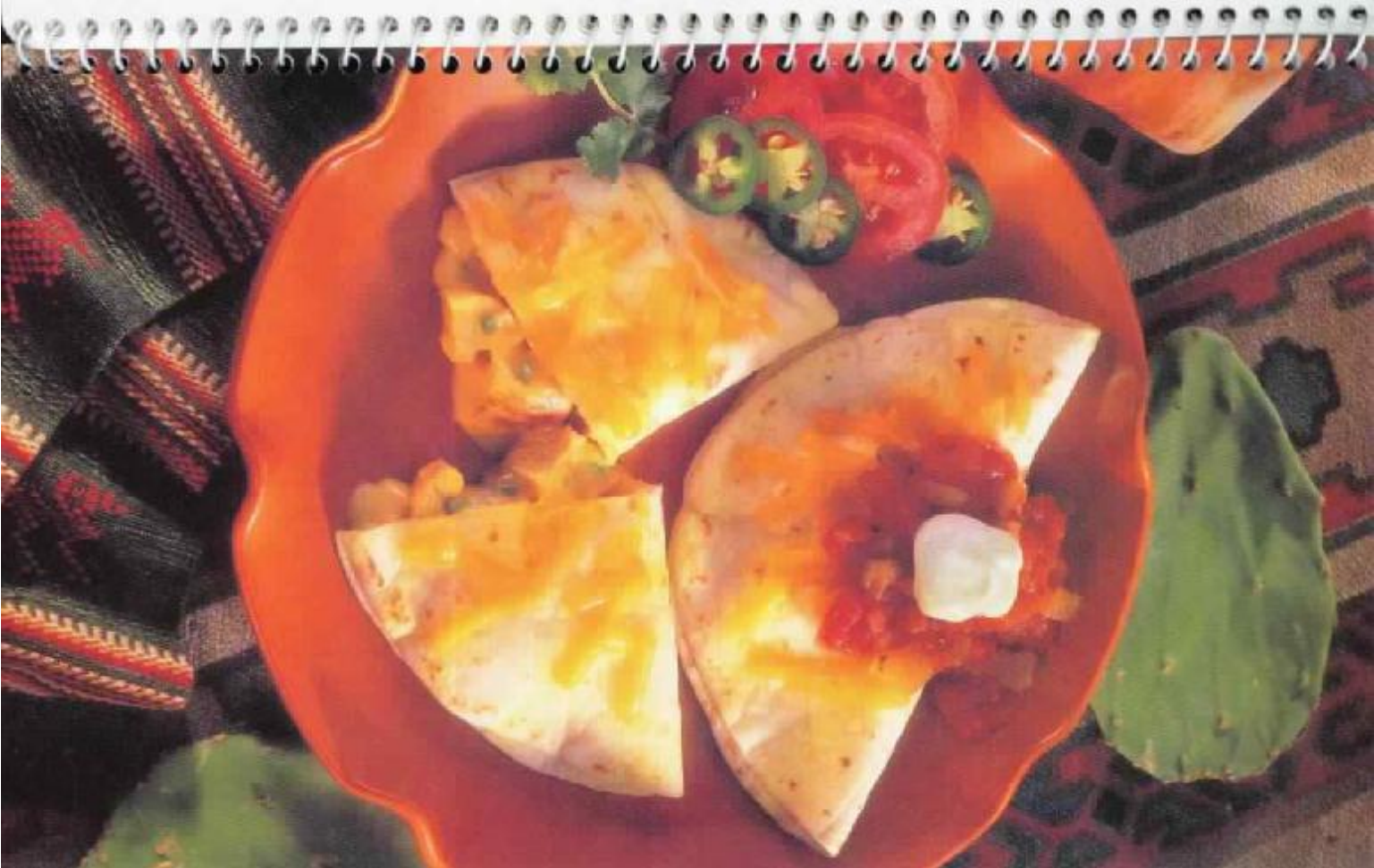
Prep Time: 15 minutes
Cook Time: 10 minutes

Assembling quesadillas

Lightly moisten edges of tortillas. Fold tortillas to enclose filling. Press moistened edges to seal.



Chicken Quesadillas



SAVORY CHICKEN AND MUSHROOMS

2 tablespoons margarine *or* butter
4 skinless, boneless chicken breast halves (about 1 pound)
1½ cups fresh broccoli flowerets
1½ cups sliced fresh mushrooms (about 4 ounces)
1 can (10¼ ounces) CAMPBELL'S condensed Cream of Chicken & Broccoli Soup

¼ cup milk

2 tablespoons Dijon-style mustard
4 cups hot cooked medium egg noodles (about 4 cups dry)

Red grapes and fresh sage leaves for garnish

- In 10-inch skillet over medium-high heat, in 1 *tablespoon* hot margarine, cook chicken 10 minutes or until browned on both sides. Remove; set aside.
- Reduce heat to medium. In same skillet, in remaining 1 *tablespoon* hot margarine, cook broccoli and mushrooms until vegetables are tender and liquid is evaporated, stirring often.
- Stir in soup, milk and mustard. Heat to boiling. Return chicken to skillet. Reduce heat to low. Cover; cook 5 minutes or until chicken is no longer pink, stirring occasionally. Serve with noodles. Garnish with grapes and sage, if desired.

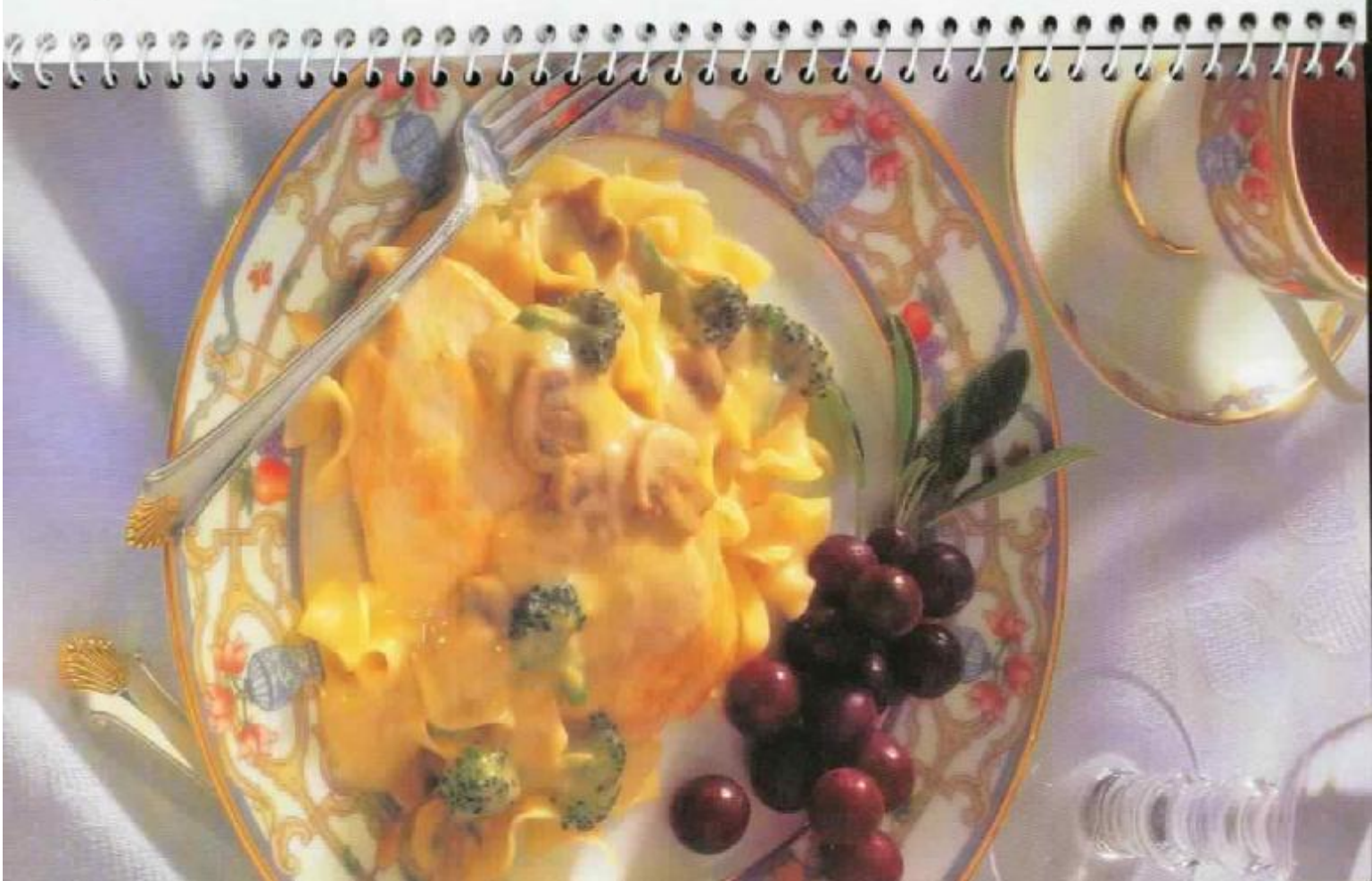
Makes 4 servings

Prep Time: 15 minutes
Cook Time: 25 minutes

Tip

Before you begin, start heating water to cook the noodles.

Savory Chicken and Mushrooms



5 TURKEY-BROCCOLI DIVAN

Made with either turkey or chicken, this shortcut divan is one of Campbell's most requested recipes. If you like, the recipe may be doubled and baked in a 3-quart oblong baking dish.

1 pound fresh broccoli, cut into spears or 1 package (10 ounces) frozen broccoli spears, cooked and drained

1½ cups cubed cooked turkey or chicken

1 can (10¾ ounces) CAMPBELL'S condensed Cream of Broccoli

Soup

½ cup milk

½ cup shredded Cheddar cheese (2 ounces)

2 tablespoons dry bread crumbs

1 tablespoon margarine or butter, melted

Green grapes, fresh parsley sprigs and Cheddar cheese thin bread sticks for garnish

■ In 9-inch pie plate or 2-quart oblong baking dish, arrange broccoli and turkey. In small bowl, combine soup and milk; pour over broccoli and turkey.

■ Sprinkle Cheddar cheese over soup mixture. In cup, combine bread crumbs and margarine; sprinkle over cheese.

■ Bake at 450°F for 20 minutes or until hot and bubbling. Garnish with grapes, parsley and bread sticks, if desired.

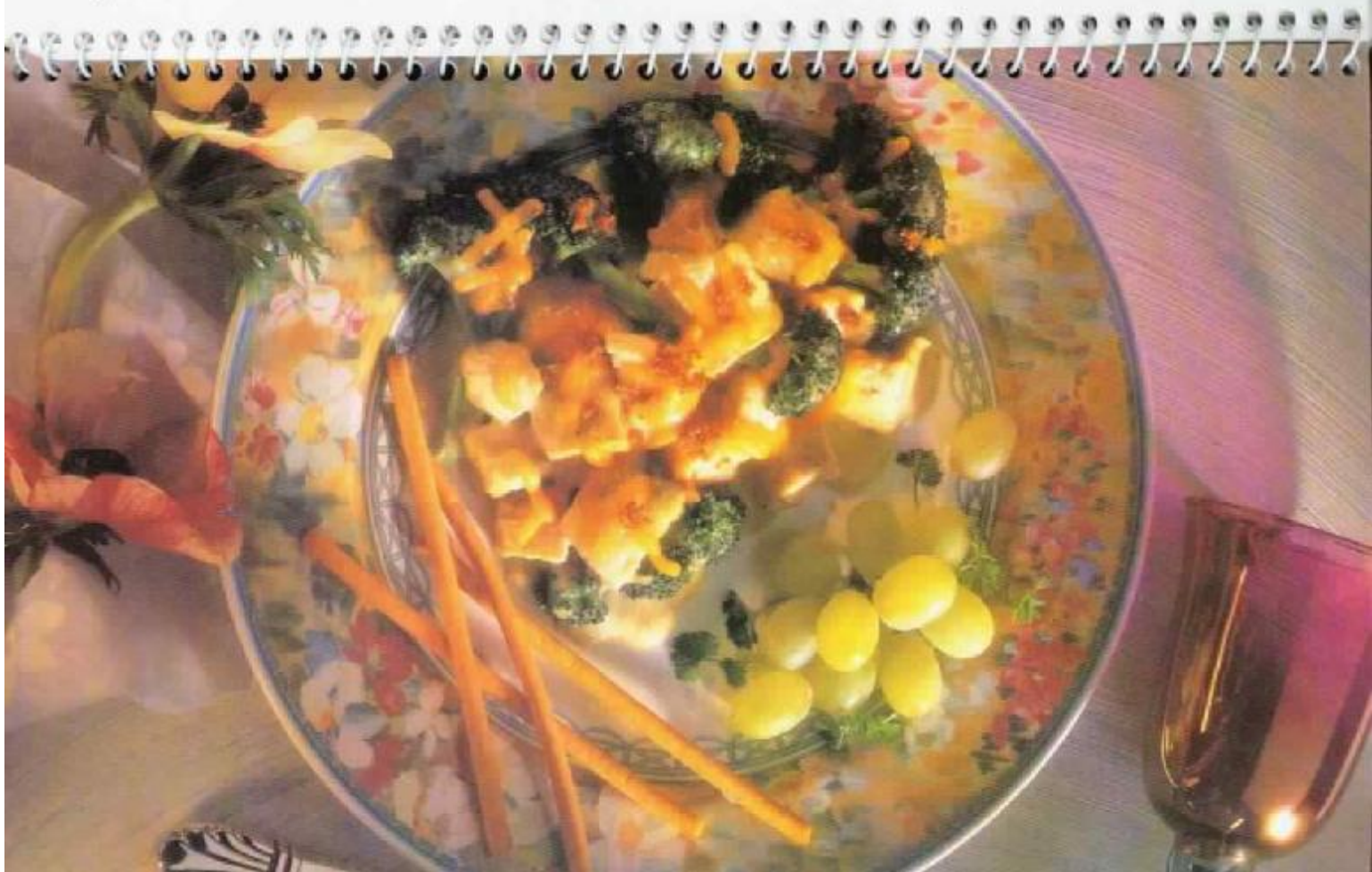
Makes 4 servings

Prep Time: 15 minutes
Cook Time: 20 minutes

Tip

You may substitute 2 cans (5 ounces each) SWANSON Premium Chunk White Turkey or Chicken for the cubed cooked turkey.

Turkey-Broccoli Divan



TURKEY-NOODLE PARMESAN

All you need is a colorful garden salad and crusty garlic bread to round out this creamy one-dish entree.

3 cups dry medium egg noodles
1 can (10¾ ounces) CAMPBELL'S condensed Cream of Chicken Soup

½ cup milk

½ cup grated Parmesan cheese

½ teaspoon black pepper

2 cups cubed cooked turkey or chicken

Chopped fresh parsley, grated Parmesan cheese and red onion strips for garnish

■ In 3-quart saucepan, prepare noodles according to package directions. Drain in colander.

■ In same saucepan, combine soup, milk, ½ cup Parmesan cheese and black pepper; add noodles and turkey. Over low heat, heat through, stirring occasionally. Sprinkle with parsley and Parmesan cheese; garnish with onion strips, if desired.

Makes about 4½ cups or 4 servings

Prep Time: 20 minutes
Cook Time: 10 minutes

Tip

You may substitute 2 cans (5 ounces each) SWANSON Premium Chunk White Turkey or Chicken for the cubed cooked turkey.

Turkey-Noodle Parmesan



TURKEY-VEGETABLE STIR-FRY

To save time, slice the carrots while heating water to cook the rice.

- 2 tablespoons vegetable oil
- 1 pound turkey breast cutlets or slices, cut into strips
- 4 medium carrots, thinly sliced (about 1½ cups)
- ¼ teaspoon ground ginger (optional)
- 1 can (10½ ounces) CAMPBELL'S condensed Cream of Celery Soup
- 2 medium green onions, sliced (about ¼ cup)
- 3 tablespoons water
- 1 tablespoon soy sauce
- 4 cups hot cooked rice

Green onion top and carrot curl for garnish

- In 10-inch skillet or wok over medium-high heat, in 1 tablespoon hot oil, stir-fry *half* of the turkey until browned. Remove; set aside. Repeat with remaining turkey.
- Reduce heat to medium. In same skillet, in remaining 1 tablespoon hot oil, stir-fry sliced carrots and ginger until carrots are tender-crisp.
- Stir in soup, sliced onions, water and soy sauce. Heat to boiling. Return turkey to skillet. Heat through, stirring occasionally. Serve over rice. Garnish with green onion top and carrot curl, if desired.

Makes 4 servings

Prep Time: 15 minutes
Cook Time: 20 minutes

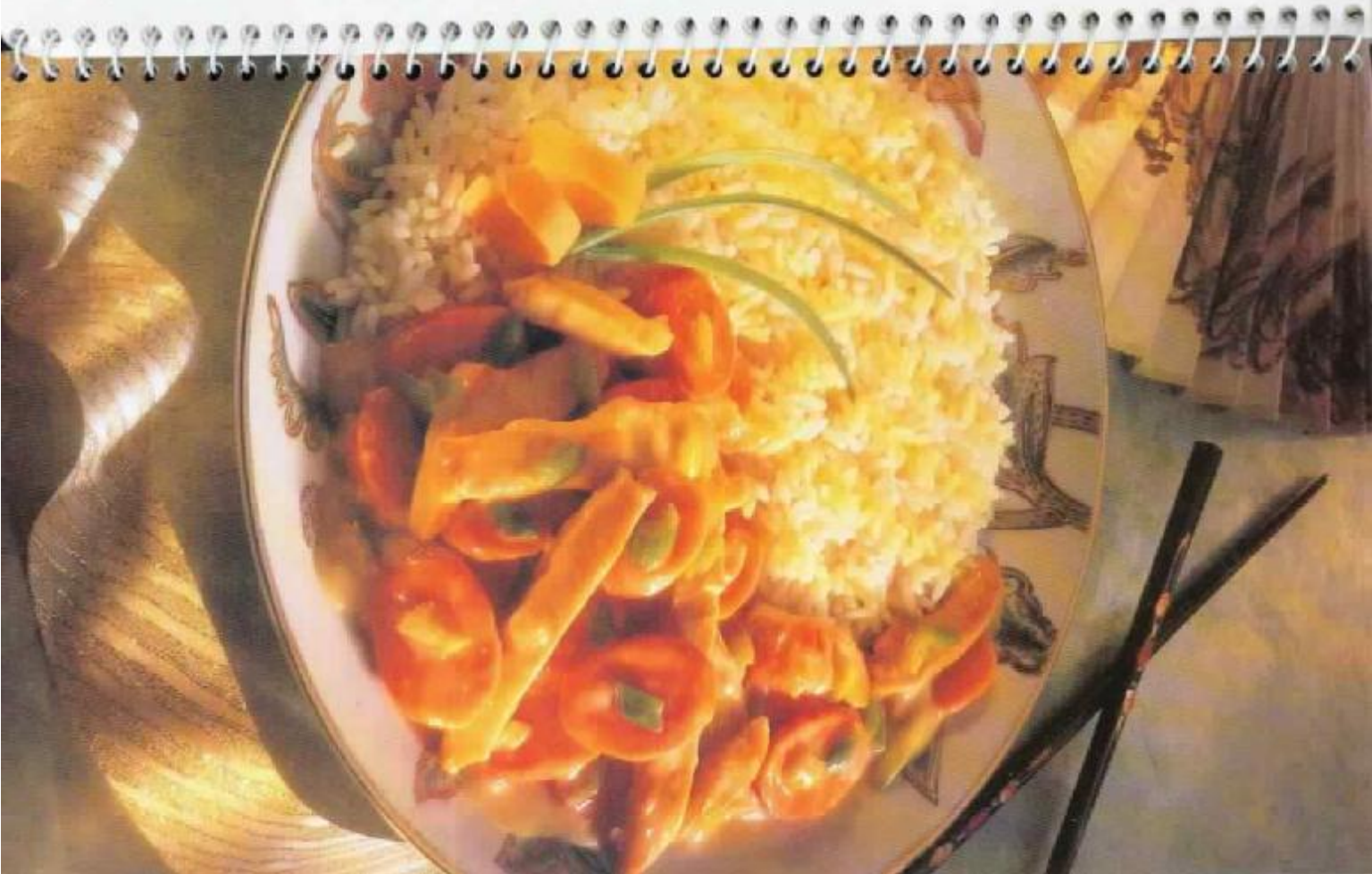
Chicken-Vegetable Stir-Fry: Prepare Turkey-Vegetable Stir-Fry as directed above, *except* substitute 1 pound *skinless, boneless chicken breasts*, cut into thin strips, for the turkey.



Slicing turkey for stir-fry

Turkey cutlets are cut from the turkey breast. Shown here, the cutlets are sliced across the grain, into thin strips.

Turkey-Vegetable Stir-Fry



SKILLET TURKEY AND ASPARAGUS

1 tablespoon vegetable oil
1 pound turkey breast cutlets *or* slices
1 can (10½ ounces) CAMPBELL'S condensed Cream of Asparagus

Soup

¾ pound fresh asparagus spears (12 to 15), trimmed and cut into 2-inch pieces (about 1½ cups) *or* 1 package (10 ounces) frozen asparagus cuts

½ cup milk

½ teaspoon black pepper

4 cups hot cooked rice

Green onion curls *and* orange slices for garnish

■ In 10-inch skillet over medium-high heat, in hot oil, cook *half* of the turkey 3 minutes or until browned on both sides. Remove; set aside. Repeat with remaining turkey. Pour off fat.

■ In same skillet, combine soup, asparagus, milk and black pepper. Heat to boiling. Return turkey to skillet. Reduce heat to low. Cover; cook 5 minutes or until turkey is no longer pink and asparagus is tender, stirring occasionally. Serve with rice. Garnish with onion curls and orange slices, if desired.

Makes 4 servings

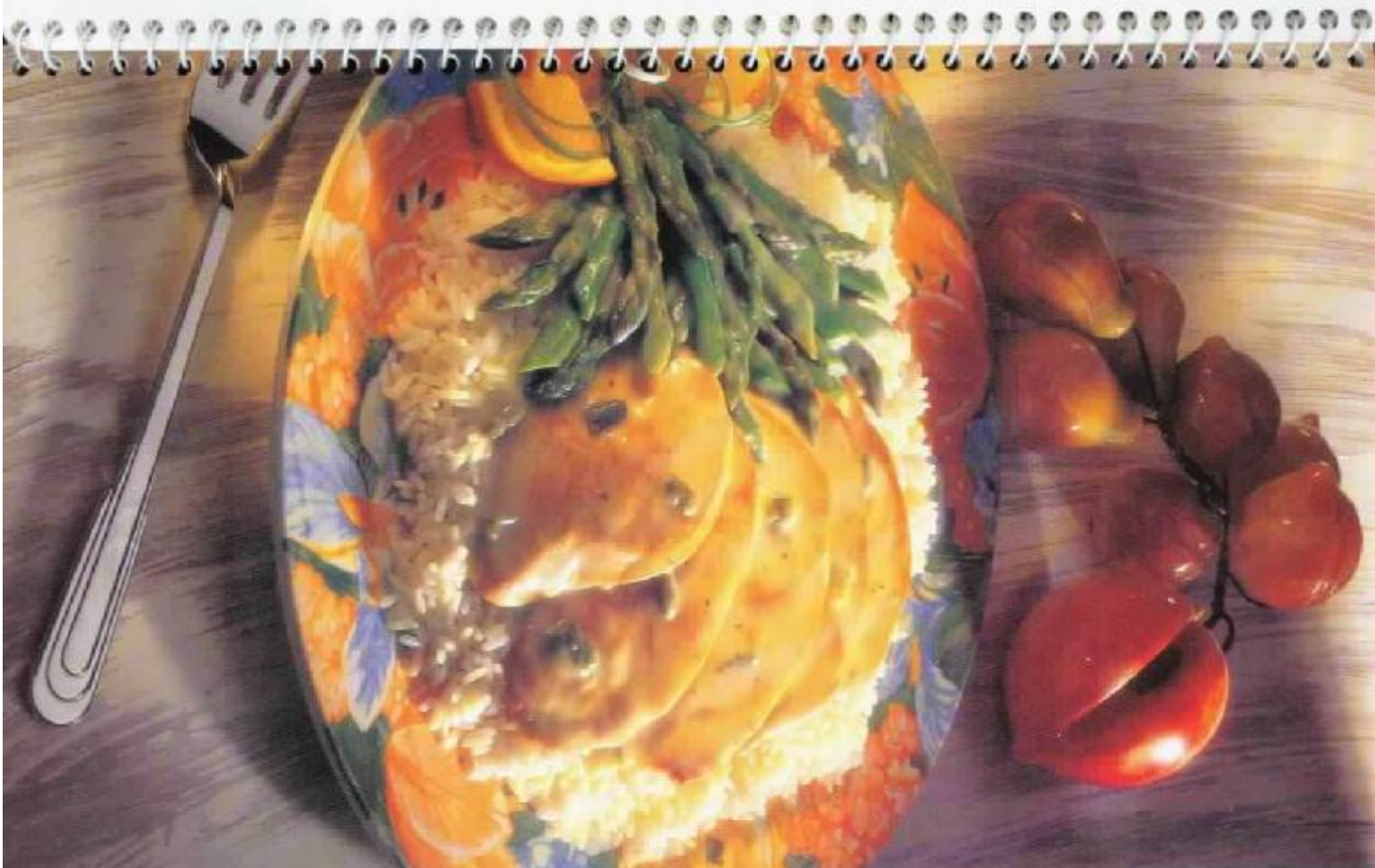
Prep Time: 10 minutes
Cook Time: 20 minutes

Skillet Chicken and Asparagus: Prepare Skillet Turkey and Asparagus as directed above, *except* substitute 4 *skinless, boneless chicken breast halves* (about 1 pound) for the turkey. Cook chicken breasts 10 minutes or until browned on both sides. After returning chicken to skillet, increase cooking time to 10 minutes.



Before you begin, start heating water to cook the rice.

Skillet Turkey and Asparagus



Blue-Ribbon Beef & Pork



BEEF AND MOZZARELLA BAKE

Pictured opposite, this Italian-style casserole is served with a sliced tomato salad and crusty garlic bread.

- 1 pound ground beef
- 1 teaspoon dried basil leaves, crushed
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder *or* 1 clove garlic, minced
- 1 can (11 1/4 ounces) CAMPBELL'S condensed Italian Tomato Soup
- 1 can (10 3/4 ounces) CAMPBELL'S condensed Cream of Mushroom Soup

Soup

- 1 1/4 cups water
- 1 1/2 cups shredded mozzarella cheese (6 ounces)
- 4 cups cooked medium shell macaroni (about 3 cups dry)

- In 10-inch skillet over medium-high heat, cook beef, basil, black pepper and garlic powder until browned, stirring to separate meat. Spoon off fat.

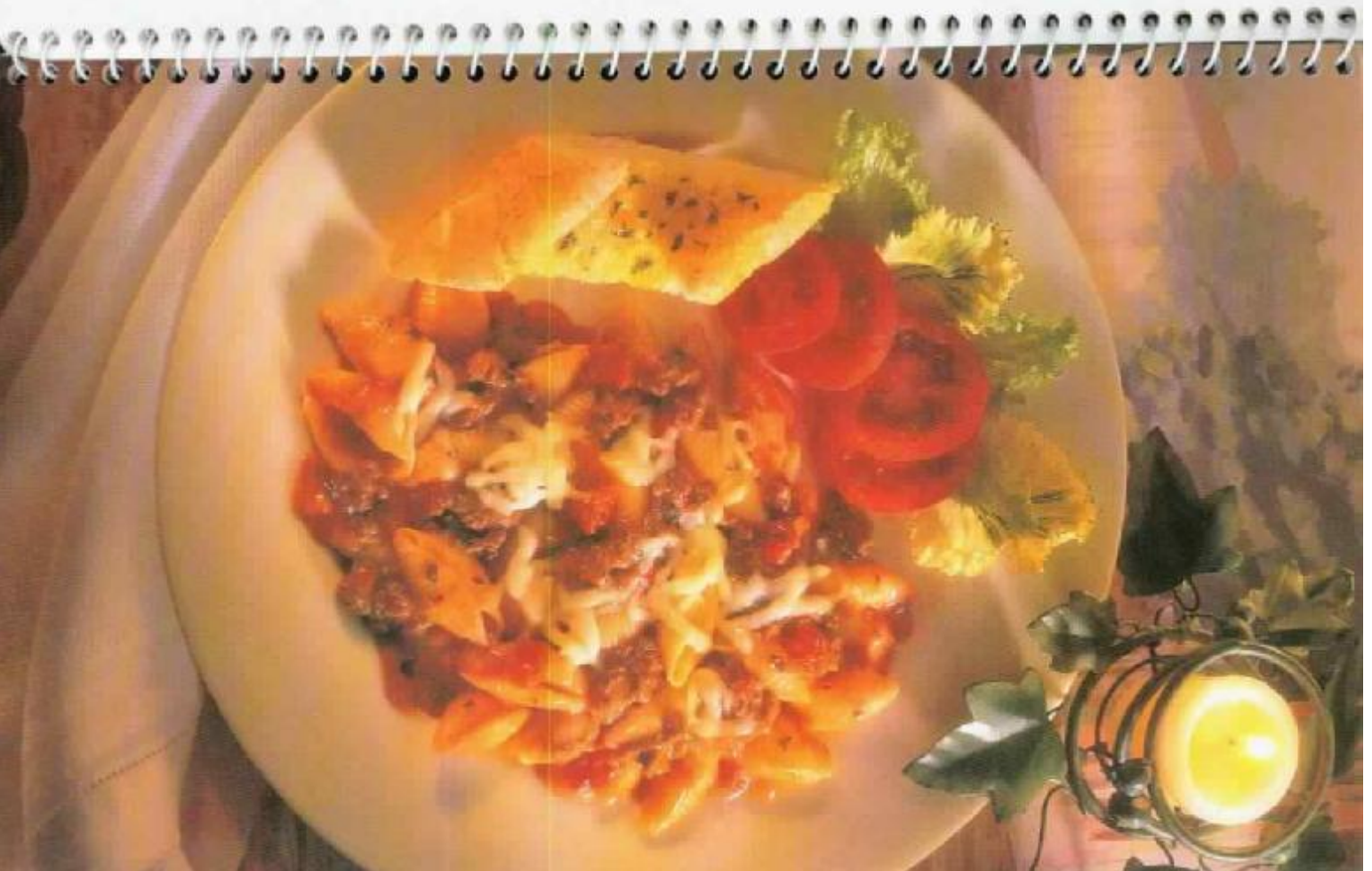
- Stir in soups, water and 1 cup mozzarella cheese; add macaroni. In 2-quart oblong baking dish, spoon mixture. Sprinkle with remaining 1/2 cup mozzarella cheese. Bake at 400°F. for 25 minutes or until hot and bubbling.

Makes about 8 cups or 6 servings

Prep Time: 10 minutes
Cook Time: 35 minutes

Tip Before you begin, start heating water to cook the macaroni. And, you may substitute 4 cups cooked elbow macaroni (about 2 cups dry) for the shell macaroni.

Beef and Mozzarella Bake



GINGER-BEEF STIR-FRY

To save time, cut up the vegetables while cooking the rice.

- 1 pound boneless beef sirloin or top round steak, $\frac{3}{4}$ inch thick
- 2 tablespoons cornstarch
- 1 can (14½ ounces) SWANSON Ready To Serve Clear Beef Broth
- 2 tablespoons soy sauce
- 2 tablespoons vegetable oil
- 5 cups cut-up fresh vegetables (green pepper, carrot, mushrooms, celery and onion)
- 1 teaspoon ground ginger
- $\frac{1}{4}$ teaspoon garlic powder or 2 cloves garlic, minced
- 4 cups hot cooked rice

Fresh sage leaves and kumquat or orange slices for garnish

- Slice beef, across the grain, into thin strips; set aside. (Pictured below.) In small bowl, stir together cornstarch, broth and soy sauce until smooth; set aside.
- In 10-inch skillet or wok over medium-high heat, in 1 tablespoon hot oil, stir-fry *half* of the beef until browned. Remove; set aside. Repeat with remaining beef.
- Reduce heat to medium. In same skillet, in remaining 1 tablespoon hot oil, stir-fry vegetables, ginger and garlic powder until vegetables are tender-crisp.
- Stir in reserved cornstarch mixture. Cook until mixture boils and thickens, stirring constantly. Return beef to skillet. Heat through, stirring occasionally. Serve over rice. Garnish with sage and kumquat, if desired.

Makes about 6 cups or 4 servings

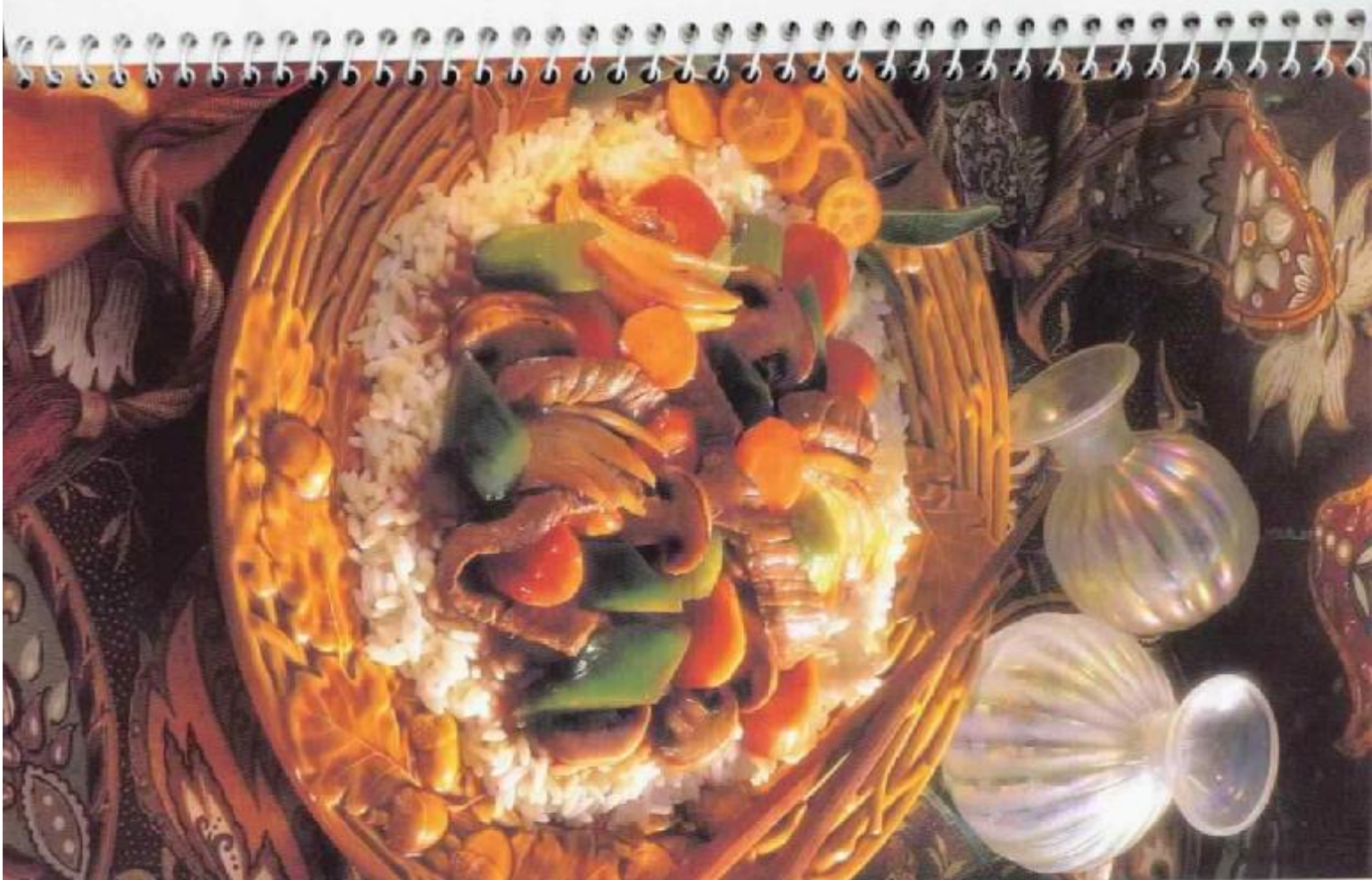
Prep Time: 20 minutes
Cook Time: 20 minutes



Slicing beef for stir-fry

To make slicing easier, freeze beef for 1 hour. Slice beef, across the grain, into thin strips.

Ginger-Beef Stir-Fry



NEW POTATOES AND PEAS

New potatoes are simply young potatoes of any variety. They are usually small in size and have not been stored for a long period of time. In this recipe, use small round white or round red thin-skinned potatoes.

- 9 small new potatoes (about 1½ pounds), quartered (about 4 cups)
- 1 can (10½ ounces) CAMPBELL'S condensed Cream of Mushroom

Soup

- ½ cup milk
- ½ teaspoon dried dill weed or thyme leaves, crushed
- ½ teaspoon black pepper
- 1 package (10 ounces) frozen peas with pearl onions or peas, thawed and drained

Fresh dill sprigs and lemon wedge for garnish

- In 4 quart saucepan, place potatoes. Add water to cover potatoes. Over high heat, heat to boiling. Reduce heat to medium. Cook 8 minutes or until potatoes are fork-tender. Drain in colander.
- In same saucepan, combine soup, milk, dill weed and black pepper. Add potatoes and peas with pearl onions. Over low heat, heat through, stirring occasionally. Garnish with fresh dill and lemon wedge, if desired.

Makes about 5½ cups or 7 servings	Prep Time: 5 minutes Cook Time: 20 minutes
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New Potatoes and Peas

SKILLET MAC 'N' BEEF

Quick and easy—just add a zesty garden salad and garlic bread and supper is ready in 25 minutes!

- 1 pound ground beef
- 1 medium onion, chopped (about ½ cup)
- 1 can (10½ ounces) CAMPBELL'S condensed Cream of Celery Soup
- ½ cup ketchup
- 1 tablespoon Worcestershire sauce
- 2 cups cooked corkscrew macaroni (about 1½ cups dry)
- Fresh basil leaves and cherry tomato halves for garnish

- In 10-inch skillet over medium-high heat, cook beef and onion until beef is browned and onion is tender, stirring to separate meat. Spoon off fat.
- Stir in soup, ketchup and Worcestershire sauce; add macaroni. Reduce heat to low. Heat through, stirring occasionally. Garnish with basil and cherry tomato halves, if desired.

Makes about 4½ cups or 4 servings	Prep Time: 10 minutes Cook Time: 15 minutes
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Tip Before you begin, start heating water to cook the macaroni. And, you may substitute 2 cups cooked elbow macaroni (about 1 cup dry) for the corkscrew macaroni.

Skillet Mac 'n' Beef

CHILI CON CARNE

This spicy chili also makes a great-tasting potato topper. See directions below for micro-cooked potatoes.

- 1 pound ground beef
- 1 medium green pepper, chopped (about $\frac{3}{4}$ cup)
- 1 can (about 15 ounces) kidney beans, rinsed and drained
- 1 can (11 $\frac{1}{2}$ ounces) CAMPBELL'S condensed Italian Tomato Soup
- $\frac{1}{4}$ cup water
- 2 tablespoons chili powder
- 1 tablespoon vinegar
- Tortilla chips, sour cream, fresh cilantro sprigs *and* chili powder for garnish
- In 10-inch skillet over medium-high heat, cook beef and green pepper until beef is browned and pepper is tender, stirring to separate meat. Spoon off fat.
- Stir in beans, soup, water, 2 *tablespoons* chili powder and vinegar. Heat to boiling. Reduce heat to low. Cook, uncovered, 15 minutes, stirring occasionally. Garnish with tortilla chips, sour cream and cilantro. Sprinkle with chili powder, if desired.

Makes about 4 cups or 4 servings

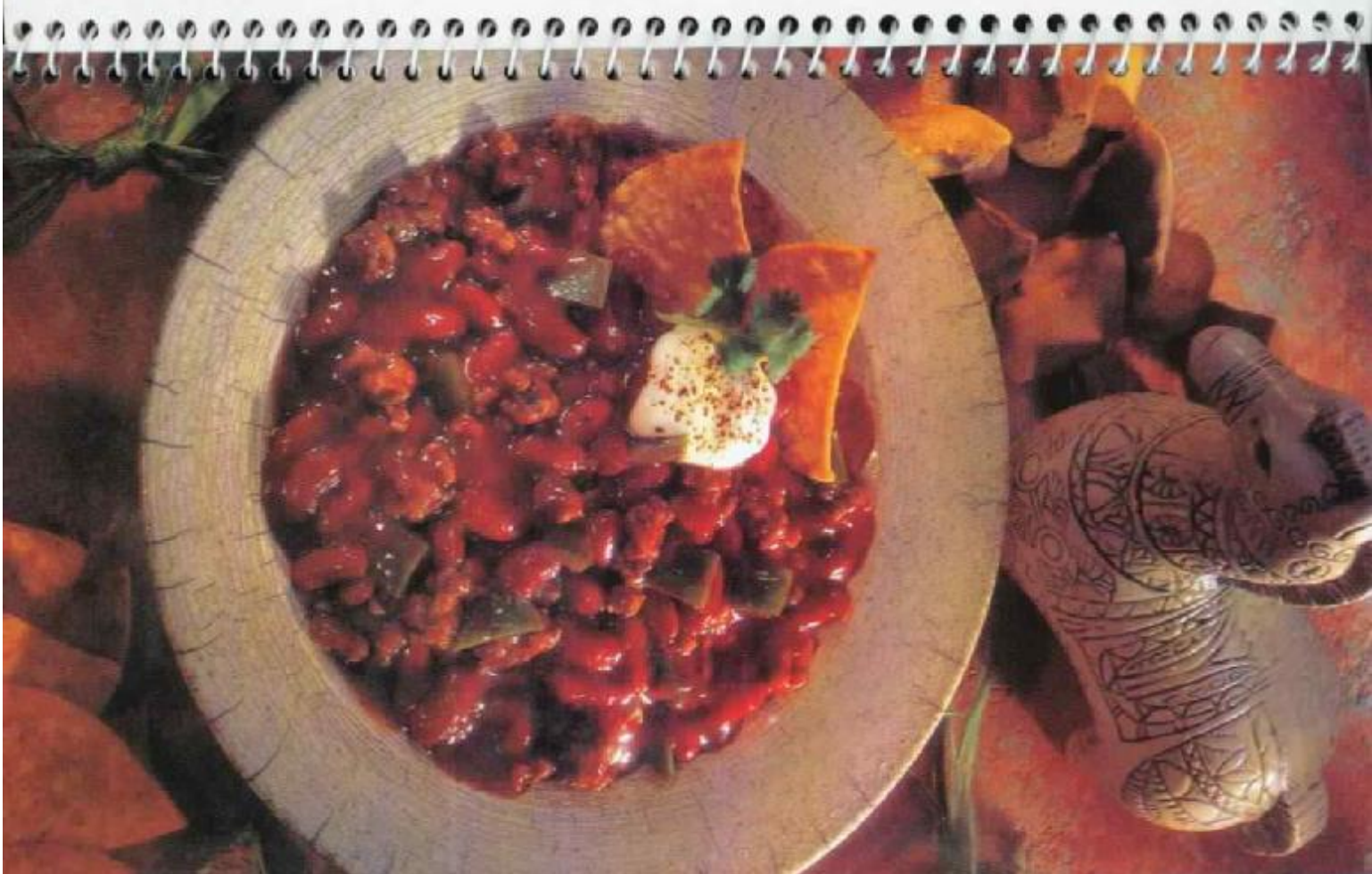
Prep Time: 5 minutes
Cook Time: 25 minutes

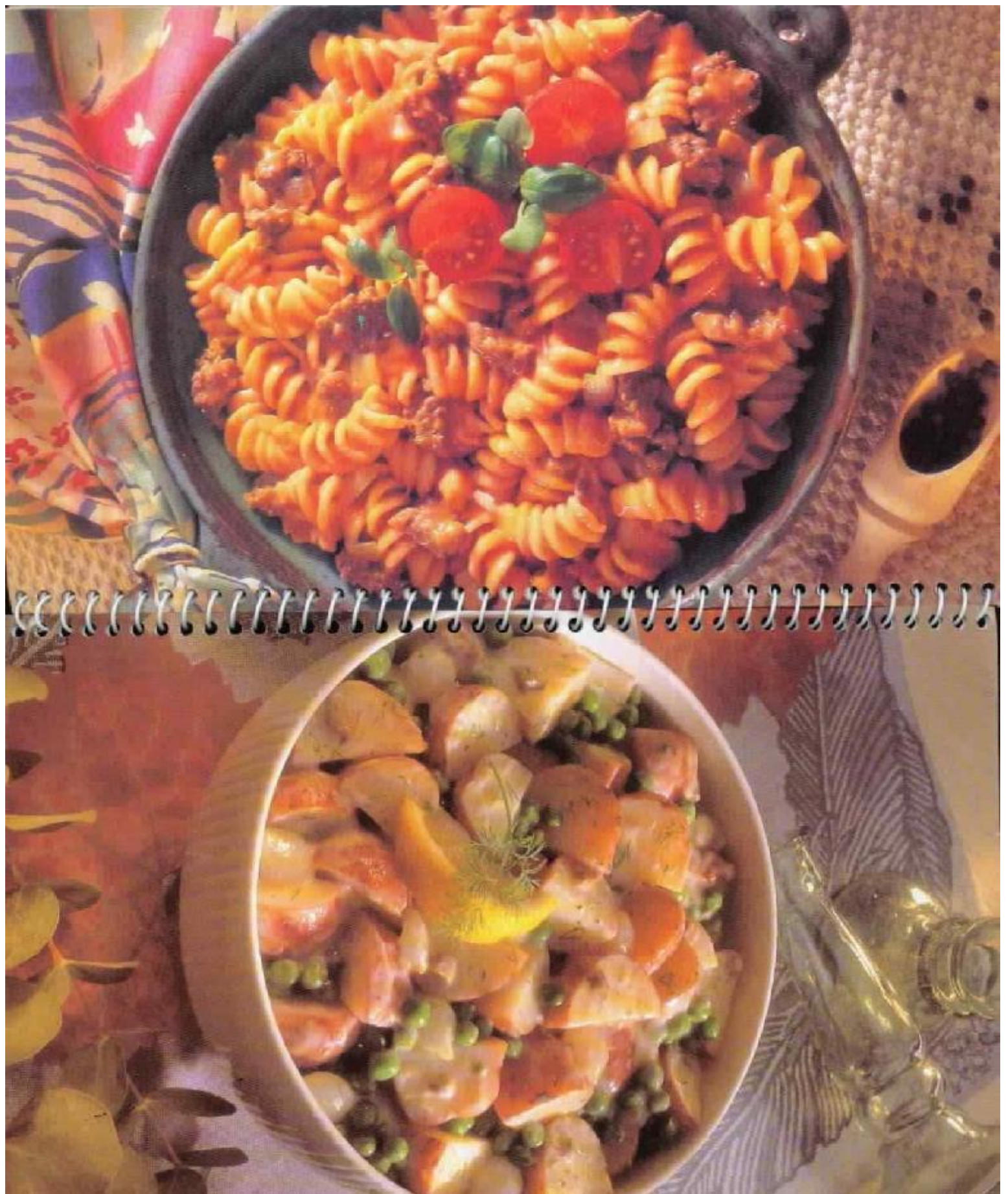
Chili con Carne and Potatoes: Prepare Chili con Carne as directed above, *except* spoon mixture over 8 split, hot baked potatoes. Makes 8 side-dish servings.

Tip

Scrub 8 potatoes (8 ounces *each*); pierce *each* potato with fork several times. Arrange 4 *potatoes* in circle on microwave-safe plate. Microwave, uncovered, on HIGH for 10 $\frac{1}{2}$ to 12 $\frac{1}{2}$ minutes, rearranging potatoes once during cooking. Let stand a few minutes before serving. Repeat with remaining potatoes. (For oven-baked potatoes, see directions on page 92.)

Chili con Carne





SOUPERBURGER SANDWICHES

This 20-minute skillet supper is guaranteed to get you out of the kitchen fast!

1 pound ground beef
1 medium onion, chopped (about $\frac{1}{2}$ cup)
1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Cheddar Cheese Soup
2 tablespoons ketchup
 $\frac{1}{2}$ teaspoon black pepper
6 hamburger buns, split and toasted

■ In 10-inch skillet over medium-high heat, cook beef and onion until beef is browned and onion is tender, stirring to separate meat. Spoon off fat.

■ Stir in soup, ketchup and black pepper. Reduce heat to low. Heat through, stirring occasionally. Serve on buns.

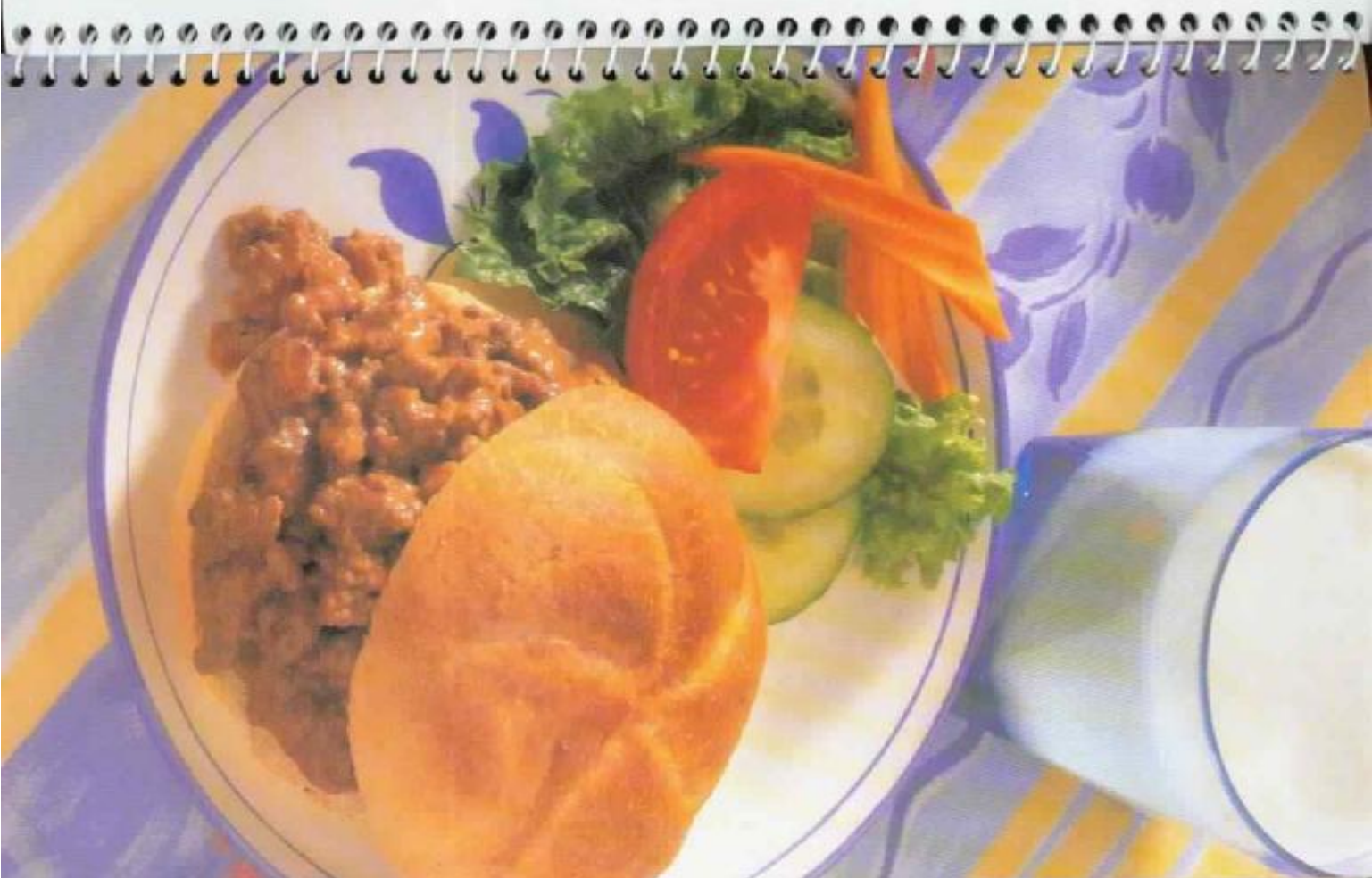
Makes about 3 cups or
6 servings

Prep Time: 5 minutes
Cook Time: 15 minutes

Tip

Next time, substitute 1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Cream of Celery Soup for the Cheddar Cheese Soup and 1 tablespoon prepared mustard for the ketchup.

Souperburger Sandwiches



BROCCOLI-BEEF STIR-FRY

To save time, prepare quick-cooking white or brown rice while stir-frying the beef.

- 1 pound boneless beef sirloin or top round steak, $\frac{3}{4}$ inch thick
- 2 tablespoons vegetable oil
- 2 cups fresh broccoli flowerets
- $\frac{1}{2}$ cups fresh ground ginger
- $\frac{1}{4}$ teaspoon garlic powder or 2 cloves garlic, minced
- 1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Tomato Soup
- 2 tablespoons soy sauce
- 1 tablespoon vinegar
- 4 cups hot cooked rice

Fresh herb sprigs and sweet yellow pepper strips for garnish

- Slice beef across the grain into thin strips (see photo, page 50).
- In 10-inch skillet or wok over medium-high heat, in 1 tablespoon hot oil, stir-fry half of the beef until browned. Remove; set aside. Repeat with remaining beef.
- Reduce heat to medium. In same skillet, in remaining 1 tablespoon hot oil, stir-fry broccoli, ginger and garlic powder until broccoli is tender-crisp.
- Sit in soup, soy sauce and vinegar. Heat to boiling. Return beef to skillet. Heat through, stirring occasionally. Serve over rice. Garnish with herb sprigs and yellow pepper, if desired.

Makes about 3 cups or
4 servings

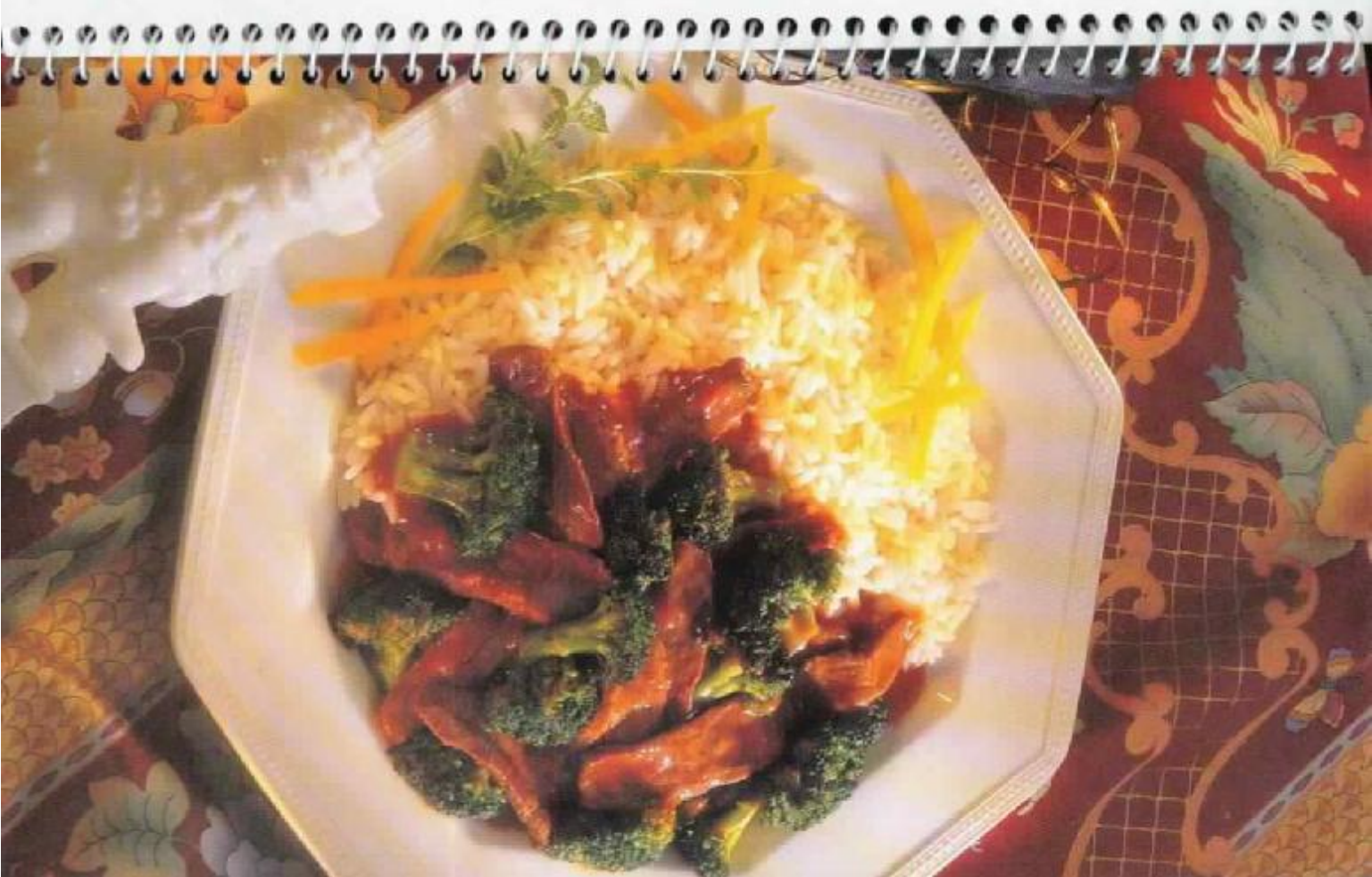
Prep Time: 10 minutes
Cook Time: 20 minutes



Cutting broccoli into flowerets

Remove outer leaves. Trim tough parts of broccoli stalks. Cut into bite-size pieces called flowerets.

Broccoli-Beef Stir-Fry



SAVORY PORK AND VEGETABLES

This entrée is ideal to serve family and friends alike. Pictured opposite, the tender chops are served with buttered carrots and petite croissants. Bon appétit!

- 2 tablespoons margarine or butter
- 4 boneless pork chops, each $\frac{3}{4}$ inch thick (about 1 pound)
- $1\frac{1}{2}$ cups sliced fresh mushrooms (about 4 ounces)
- $\frac{1}{2}$ teaspoon dried rosemary leaves, crushed
- 1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Cream of Mushroom Soup
- $\frac{1}{2}$ pound fresh sugar snap peas (about $1\frac{1}{2}$ cups) or 1 package (10 ounces) frozen sugar snap peas
- 2 tablespoons water
- 4 cups hot cooked medium egg noodles (about 4 cups dry)
- Snipped fresh rosemary for garnish

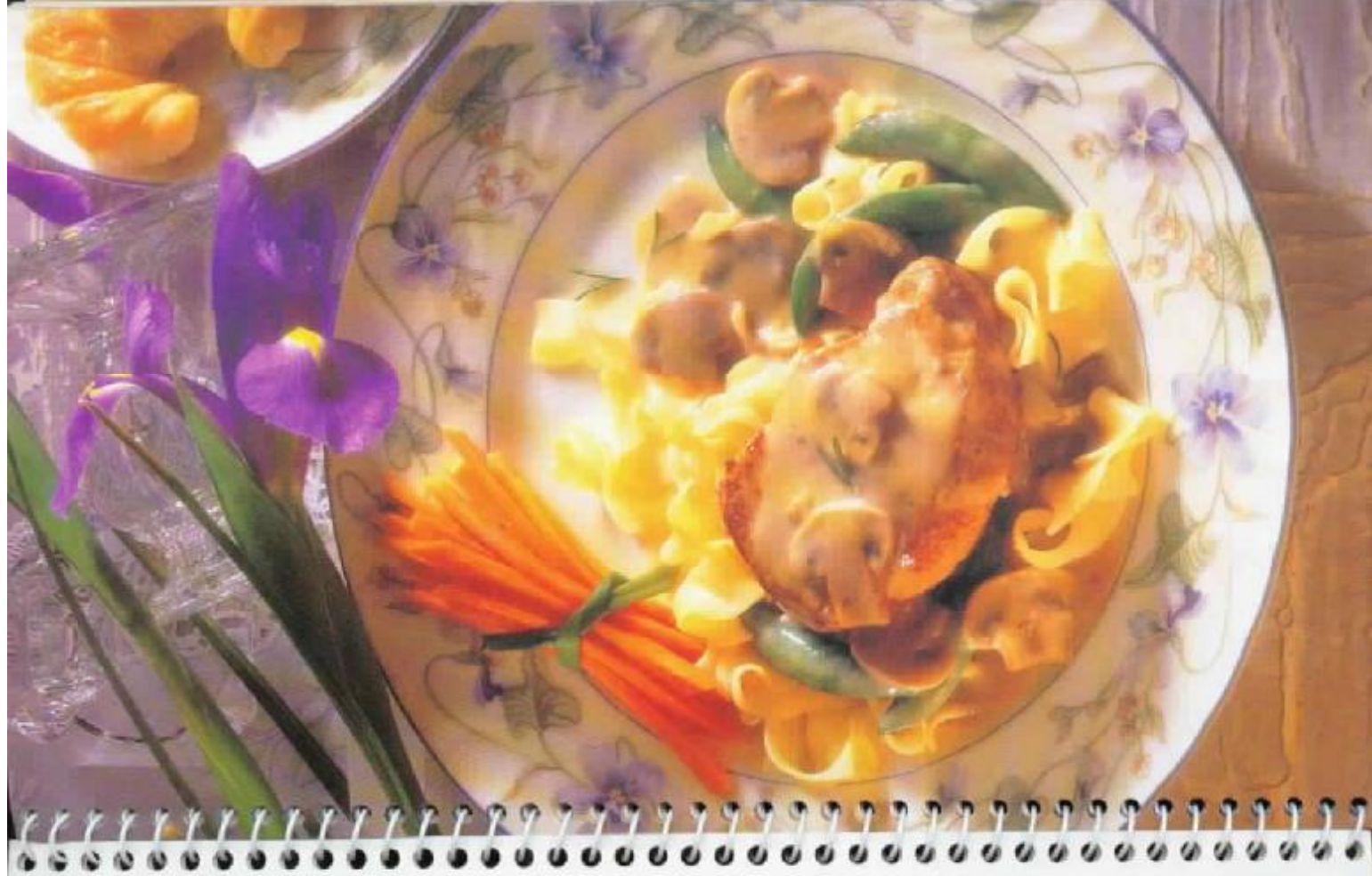
- In 10-inch skillet over medium-high heat, in 1 *tablespoon* hot margarine, cook chops 10 minutes or until browned on both sides. Remove; set aside.
- Reduce heat to medium. In same skillet, in remaining 1 *tablespoon* hot margarine, cook mushrooms and dried rosemary until mushrooms are tender and liquid is evaporated, stirring often.
- Stir in soup, peas and water. Heat to boiling. Return chops to skillet. Reduce heat to low. Cover; cook 10 minutes or until chops are no longer pink and peas are tender, stirring occasionally. Serve with noodles. Sprinkle with fresh rosemary, if desired.

Makes 4 servings

Prep Time: 10 minutes
Cook Time: 30 minutes

Tip

You may substitute $\frac{1}{2}$ pound fresh green beans, cut into 2-inch pieces (about $1\frac{1}{2}$ cups), or 1 package (9 ounces) frozen, cut green beans for the sugar snap peas.



Savory Pork and Vegetables

TOMATO-HERBED PORK CHOPS

Either rib or loin pork chops may be used to make this saucy skillet entrée.

- 2 recipes Quick Onion Rice (see recipe, page 82) or 6 cups hot cooked rice
- 2 tablespoons all-purpose flour
- ¼ teaspoon dried thyme leaves, crushed
- 6 pork chops, each ¾ inch thick (about 2 pounds)
- 1 tablespoon vegetable oil
- 1 can (10½ ounces) CAMPBELL'S condensed Tomato Soup
- 1 medium onion, sliced and separated into rings (about ½ cup)
- ¼ cup water

Small kale leaves for garnish

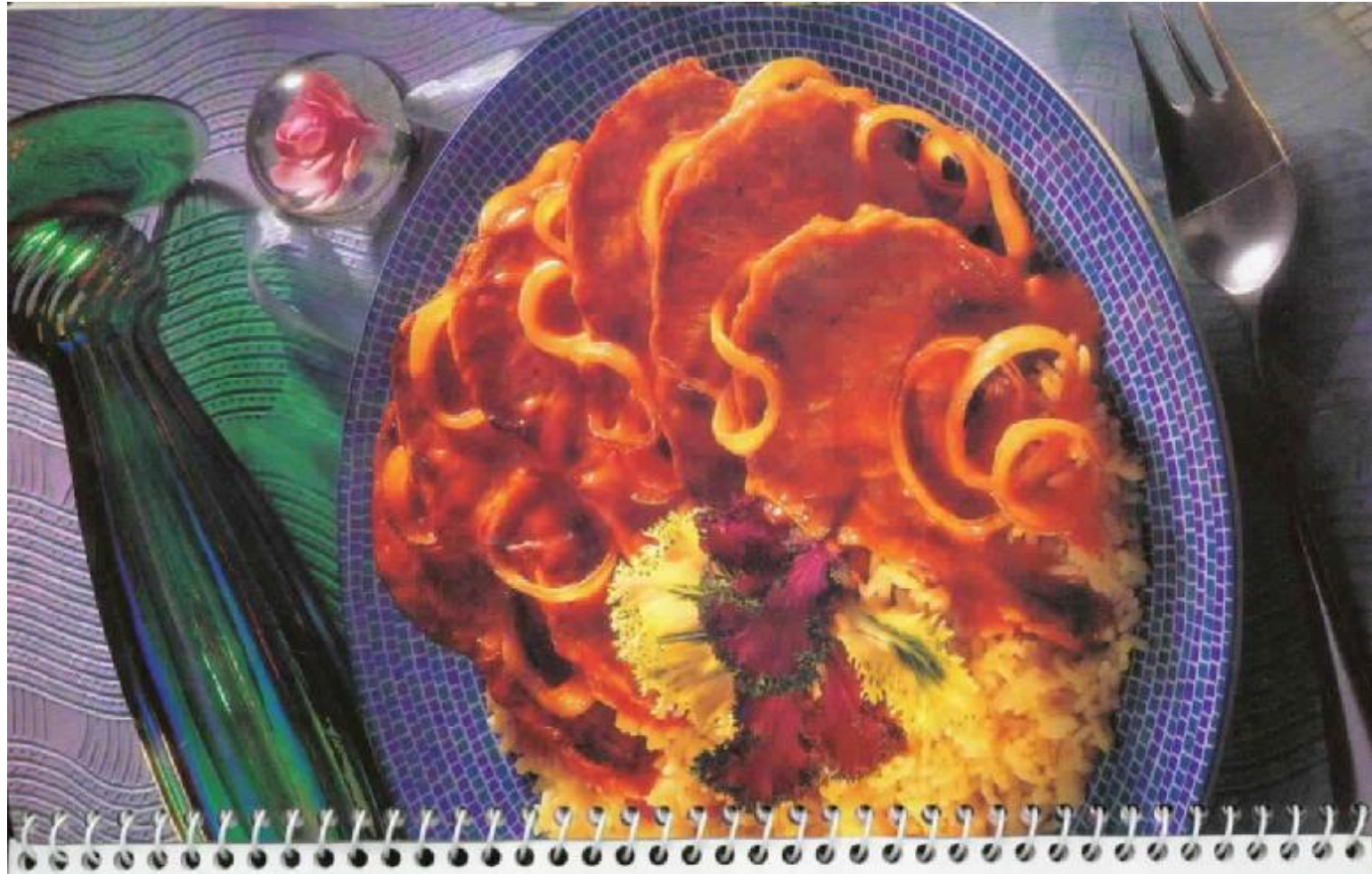
- Prepare Quick Onion Rice as directed. Meanwhile, on waxed paper, combine flour and thyme. Lightly coat chops with flour mixture.
- In 10-inch skillet over medium-high heat, in hot oil, cook *half* of the chops 10 minutes or until browned on both sides. Remove; set aside. Repeat with remaining chops. Pour off fat.
- In same skillet, combine soup, onion and water. Heat to boiling. Return chops to skillet. Reduce heat to low. Cover; cook 10 minutes or until chops are no longer pink, stirring occasionally. Serve with Quick Onion Rice. Garnish with kale, if desired.

Makes 6 servings

Prep Time: 5 minutes
Cook Time: 35 minutes

Tip

Kale has frilly, dark green leaves and is available year-round. Eaten raw or cooked, it has a mild, cabbage-like flavor. Use kale leaves as you would fresh spinach. But before using, remove the tough center stalks from the leaves. Ornamental kale, as shown in the photo opposite, has smaller leaves and comes in colors ranging from lavender to dark purple and light green to dark green.



Tomato-Herbed Pork Chops and Quick Onion Rice

PORK AND CORN STUFFING BAKE

- 1 can (10¼ ounces) CAMPBELL'S condensed Golden Corn Soup
- 1½ cups PEPPERIDGE FARM Corn Bread Stuffing
- 1 small onion, finely chopped (about ¼ cup)
- ¼ cup finely chopped celery
- ½ teaspoon paprika
- 4 boneless pork chops, each ¼ inch thick (about 1 pound)
- 1 tablespoon packed brown sugar
- 1 teaspoon spicy brown mustard
- Paprika for garnish

- In medium bowl, combine soup, stuffing, onion, celery and ½ teaspoon paprika. In 9-inch greased pie plate, spoon stuffing mixture. Arrange chops on stuffing mixture, pressing lightly into stuffing.
- In cup, combine sugar and mustard. Spread mixture over chops.
- Bake at 400°F for 30 minutes or until chops are no longer pink. Transfer chops to serving platter. Stir stuffing; serve with chops. Sprinkle with paprika, if desired.

Makes 4 servings

Prep Time: 10 minutes
Cook Time: 30 minutes

Pork and Fruited Stuffing Bake: Prepare Pork and Corn Stuffing Bake as directed above, *except* add ½ cup *raisins or chopped mixed dried fruit* with the stuffing.



Chopping onions

What's the difference? *Cuting* means to cut a food into uniform pieces, usually about ½ inch on all sides. *Chopping* refers to cutting a food into irregular pieces about the size of peas. *Finely chopping* refers to chopping a food into tiny irregular pieces.

Pork and Corn Stuffing Bake



PORK MOZZARELLA

Pictured opposite, these savory chops are served with steamed baby sunburst squash, baby zucchini and hot parsleyed linguine.

- 1 pouch CAMPBELL'S Dry Onion Soup Mix with Chicken Broth
 - $\frac{1}{2}$ cup dry bread crumbs
 - $\frac{1}{4}$ teaspoon black pepper
 - 1 egg or 2 egg whites
 - 2 tablespoons water
 - 6 boneless pork chops, each $\frac{3}{4}$ inch thick (about 1 $\frac{1}{2}$ pounds)
 - $1\frac{1}{2}$ cups CAMPBELL'S Traditional Spaghetti Sauce
 - 1 cup shredded mozzarella cheese (4 ounces)
- With rolling pin, crush soup mix in pouch. On waxed paper, combine soup mix, bread crumbs and black pepper.
 - In shallow dish, beat together egg and water. Dip chops into egg mixture; coat with soup mixture.
 - In 2-quart oblong baking dish, arrange chops. Bake at 400°F. for 20 minutes.
 - Pour spaghetti sauce over chops. Sprinkle with cheese. Bake 5 minutes more or until chops are no longer pink and sauce is hot and bubbling.

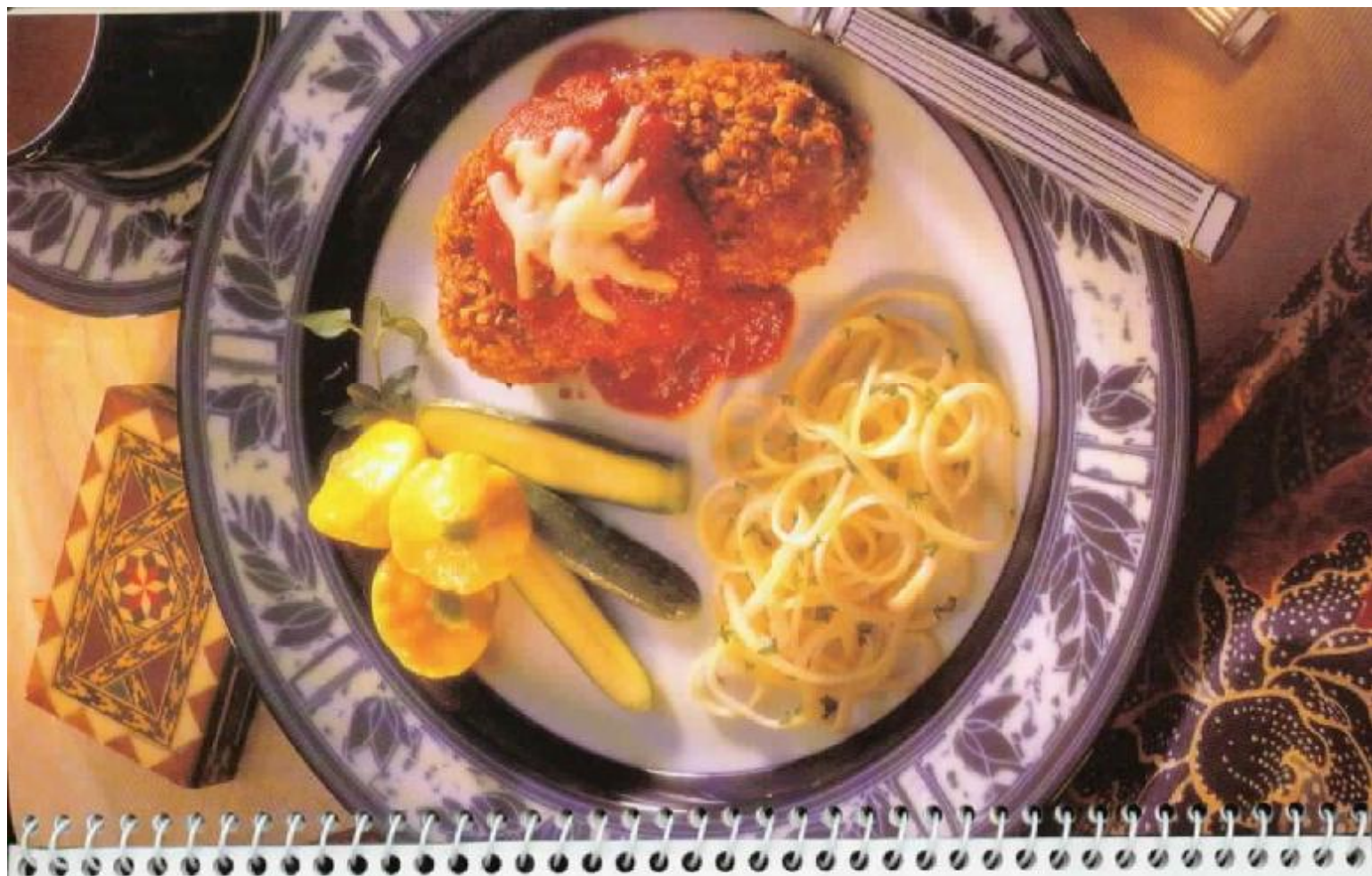
Makes 6 servings

Prep Time: 10 minutes
Cook Time: 25 minutes



Tip You may substitute 6 pork chops, bone in and each $\frac{3}{4}$ inch thick (about 2 pounds), for the boneless chops. Use 3-quart oblong baking dish. Increase cooking time to 30 minutes.

Pork Mozzarella



Sensational Pasta, Vegetables & More



CHEDDARY PASTA AND VEGETABLES

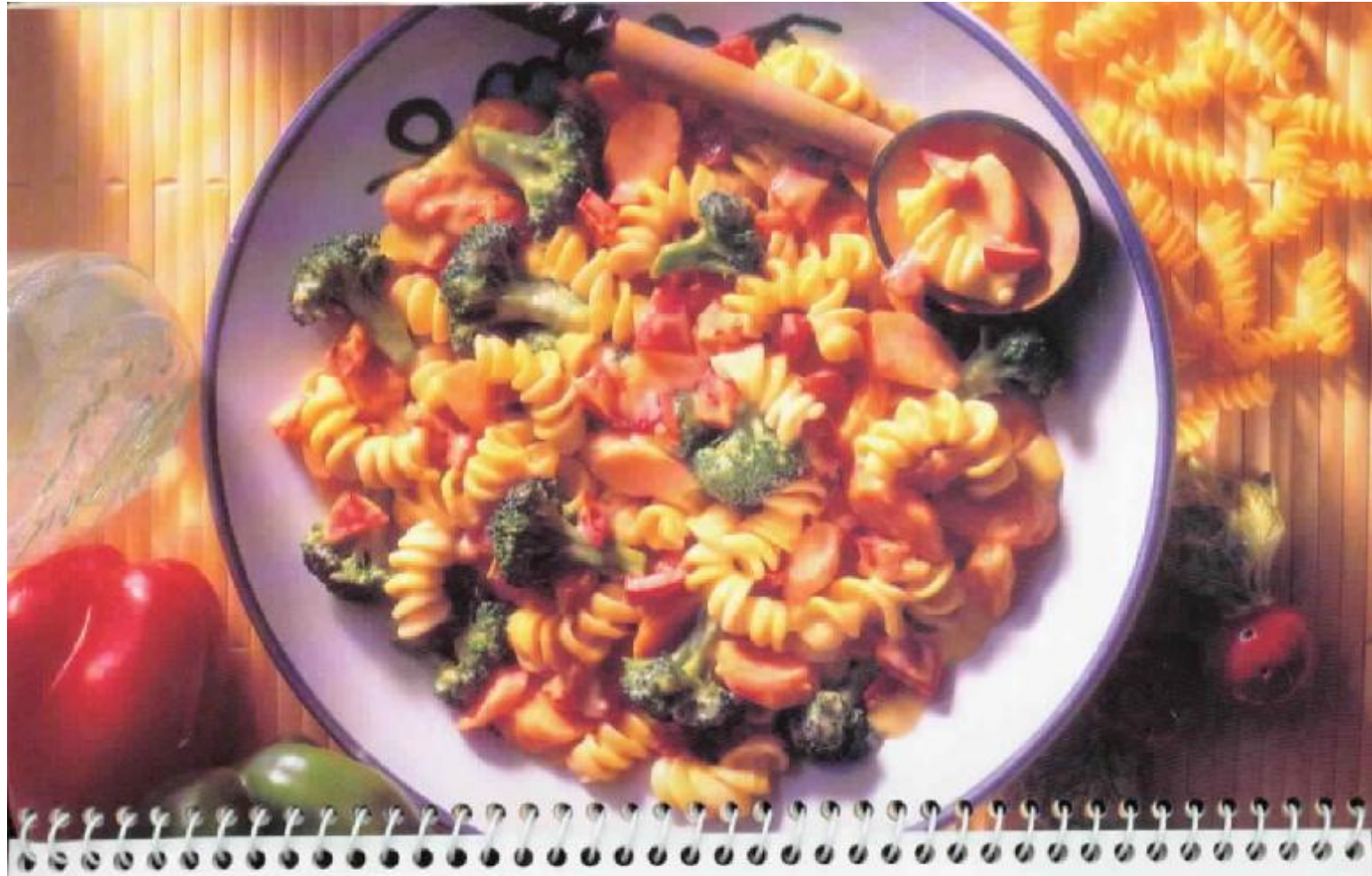
- 1½ cups dry corkscrew macaroni
 - 1 cup fresh broccoli flowerets
 - 2 medium carrots, sliced (about 1 cup)
 - 1 large sweet red or green pepper, coarsely chopped (about 1 cup), optional
 - 1 can (10¼ ounces) CAMPBELL'S condensed Cream of Celery Soup
 - ½ cup shredded Cheddar cheese (2 ounces)
 - ½ cup milk
 - 1 tablespoon prepared mustard
- In 4-quart saucepan, prepare macaroni according to package directions. Add broccoli, carrots and red pepper for last 5 minutes of cooking time. Drain in colander.
- In same saucepan, combine soup, Cheddar cheese, milk and mustard. Over low heat, heat until cheese is melted, stirring often. Add macaroni and vegetables. Heat through, stirring occasionally.

Makes about 4½ cups or
5 servings

Prep Time: 10 minutes
Cook Time: 20 minutes



Tip Before you begin, start heating water to cook the macaroni.



Cheddary Pasta and Vegetables

GLAZED VEGETABLES

Celery grows in bunches called stalks. Each stalk consists of many "ribs" with leafy green tops. The tender center is commonly referred to as the "heart."

2 tablespoons cornstarch

1 can (14½ ounces) SWANSON Ready To Serve Clear Vegetable

Broth

1 tablespoon vegetable oil

2 medium carrots, sliced (about 1 cup)

2 ribs celery, sliced (about 1 cup)

1 medium sweet red pepper, cut into strips (about 1 cup)

1 large onion, cut into wedges (about 1 cup)

½ teaspoon ground ginger

¼ teaspoon garlic powder or 2 cloves garlic, minced

1 cup fresh broccoli flowerets

1 cup fresh snow peas (about 4 ounces), trimmed

- In bowl, stir together cornstarch and broth until smooth; set aside.
- In 10-inch skillet or wok over medium heat, in hot oil, stir-fry carrots, celery, red pepper, onion, ginger and garlic powder until vegetables are tender-crisp.
- Add broccoli and snow peas. Add reserved cornstarch mixture. Cook until mixture boils and thickens, stirring constantly.
- Reduce heat to low. Cover; cook 2 minutes or until vegetables are tender, stirring occasionally.

Makes about 4 cups or
4 servings

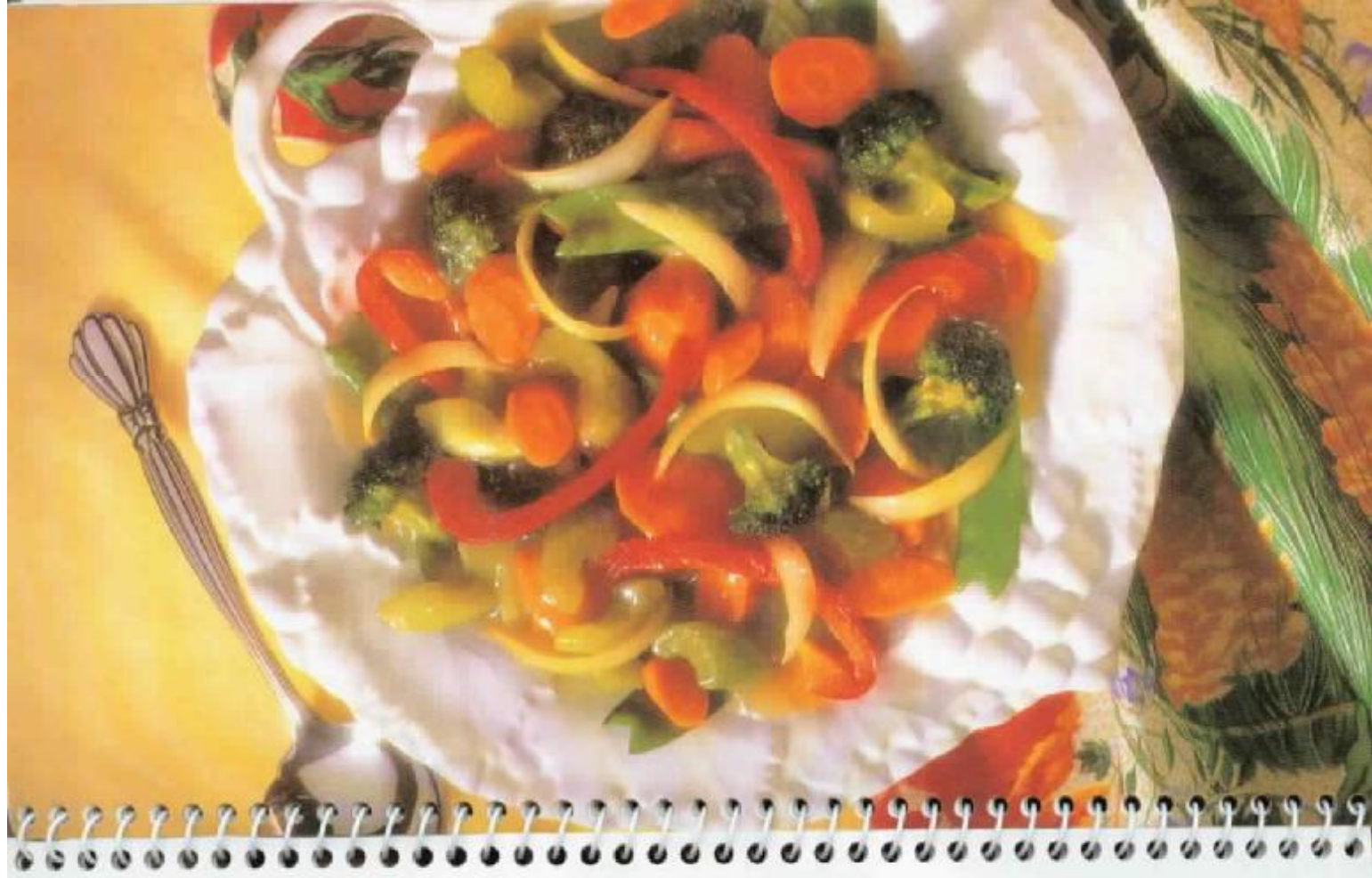
Prep Time: 15 minutes
Cook Time: 15 minutes



Cutting onions into wedges

Cut peeled onion in half, from stem to root end. Place cut sides up on cutting board. Cut in half again to make large wedges. Continue cutting to yield 4 to 6 wedges from each onion half.

Glazed Vegetables



4 VEGETABLE-RICE PILAF

1 tablespoon margarine *or* butter

$\frac{3}{4}$ cup uncooked regular long-grain rice

$\frac{1}{4}$ teaspoon dried basil leaves, crushed

1 can (14 $\frac{1}{2}$ ounces) SWANSON Ready To Serve Clear Vegetable

Broth

$\frac{3}{4}$ cup frozen peas and carrots

$\frac{1}{4}$ cup chopped sweet red pepper

Fresh basil leaves for garnish

■ In 2-quart saucepan over medium-high heat, in hot margarine, cook rice and dried basil until rice is browned, stirring constantly.

■ Stir in broth. Heat to boiling. Reduce heat to low. Cover; cook 10 minutes. Add peas and carrots and red pepper. Cover; cook 10 minutes or until rice is tender and liquid is absorbed. Garnish with fresh basil, if desired.

Makes about 3 $\frac{1}{2}$ cups or
4 servings

Prep Time: 5 minutes
Cook Time: 25 minutes

BROCCOLI AND NOODLES SUPREME

3 cups dry medium egg noodles

2 cups fresh broccoli flowerets

1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Cream of

Chicken & Broccoli Soup

$\frac{1}{2}$ cup sour cream

$\frac{1}{3}$ cup grated Parmesan cheese

$\frac{1}{8}$ teaspoon black pepper

Diced carrot *and* sweet red pepper strips for garnish

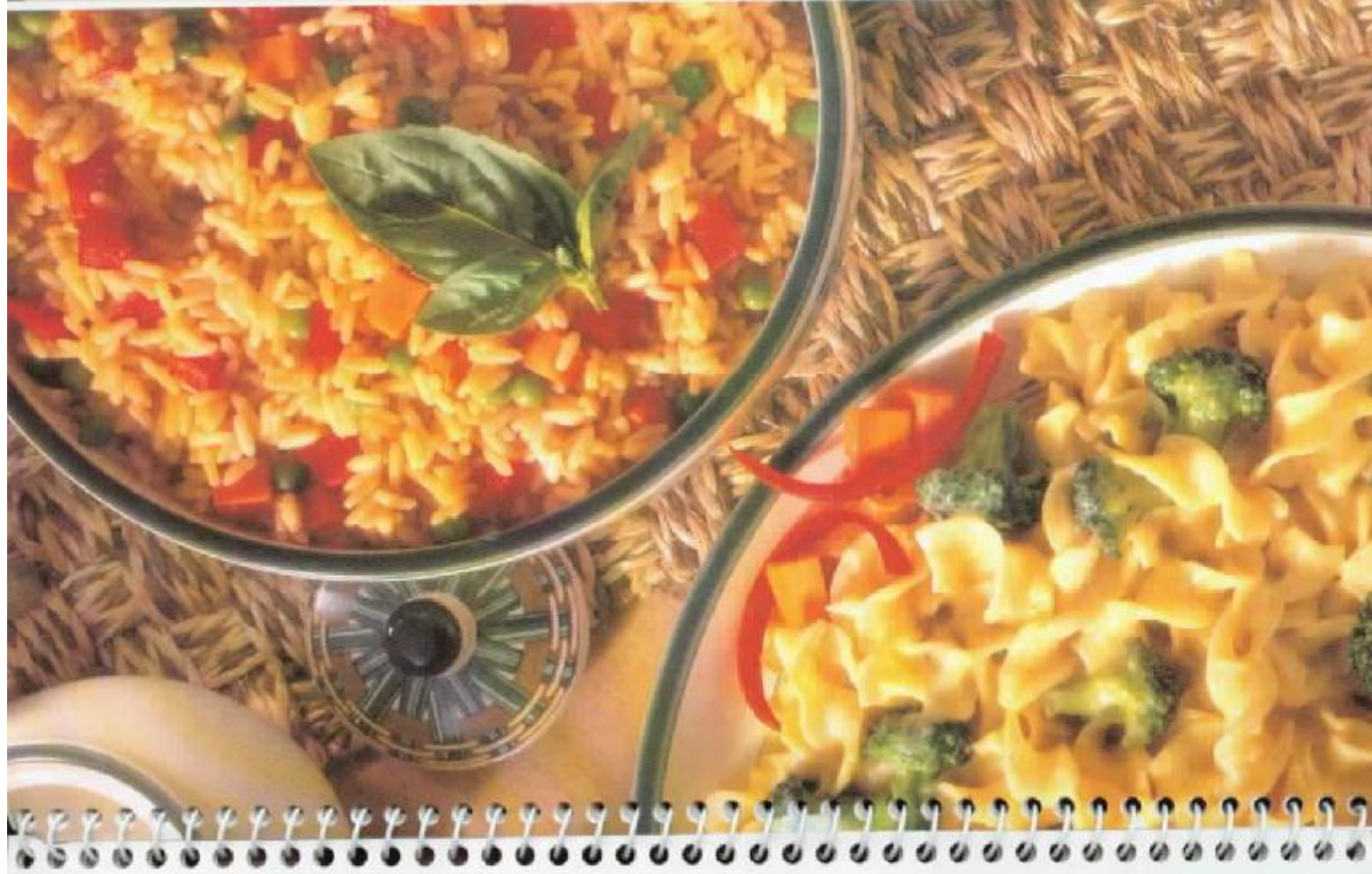
■ In 4-quart saucepan, prepare noodles according to package directions. Add broccoli for last 5 minutes of cooking time. Drain in colander.

■ In same saucepan, combine soup, sour cream, cheese and black pepper; add noodles and broccoli. Over low heat, heat through, stirring occasionally. Garnish with diced carrot and red pepper, if desired.

Makes about 4 cups or
5 servings

Prep Time: 5 minutes
Cook Time: 20 minutes

Vegetable-Rice Pilaf (top) *and*
Broccoli and Noodles Supreme (bottom)



VEGETABLE ROTINI

When time is short, substitute 1 bag (16 ounces) frozen vegetable combination for the fresh broccoli, cauliflower and carrots.

2½ cups dry rotini or corkscrew macaroni

1½ cups fresh broccoli flowerets

1½ cups fresh cauliflowererets

2 medium carrots, cut into strips (about 1 cup)

1 can (10¾ ounces) CAMPBELL'S condensed Broccoli Cheese Soup

1 package (3 ounces) cream cheese or cream cheese with chives, softened

¾ cup milk

½ cup grated Parmesan cheese

2 tablespoons Dijon-style mustard (optional)

¼ teaspoon black pepper

■ In 4-quart saucepan, prepare rotini according to package directions. Add broccoli, cauliflower and carrots for last 5 minutes of cooking time. Drain in colander.

■ In same saucepan, gradually stir soup into cream cheese; add milk, Parmesan cheese, mustard and black pepper. Over low heat, heat until cream cheese is melted, stirring often. Add macaroni and vegetables. Heat through, stirring occasionally.

Makes about 6 cups or 6 servings

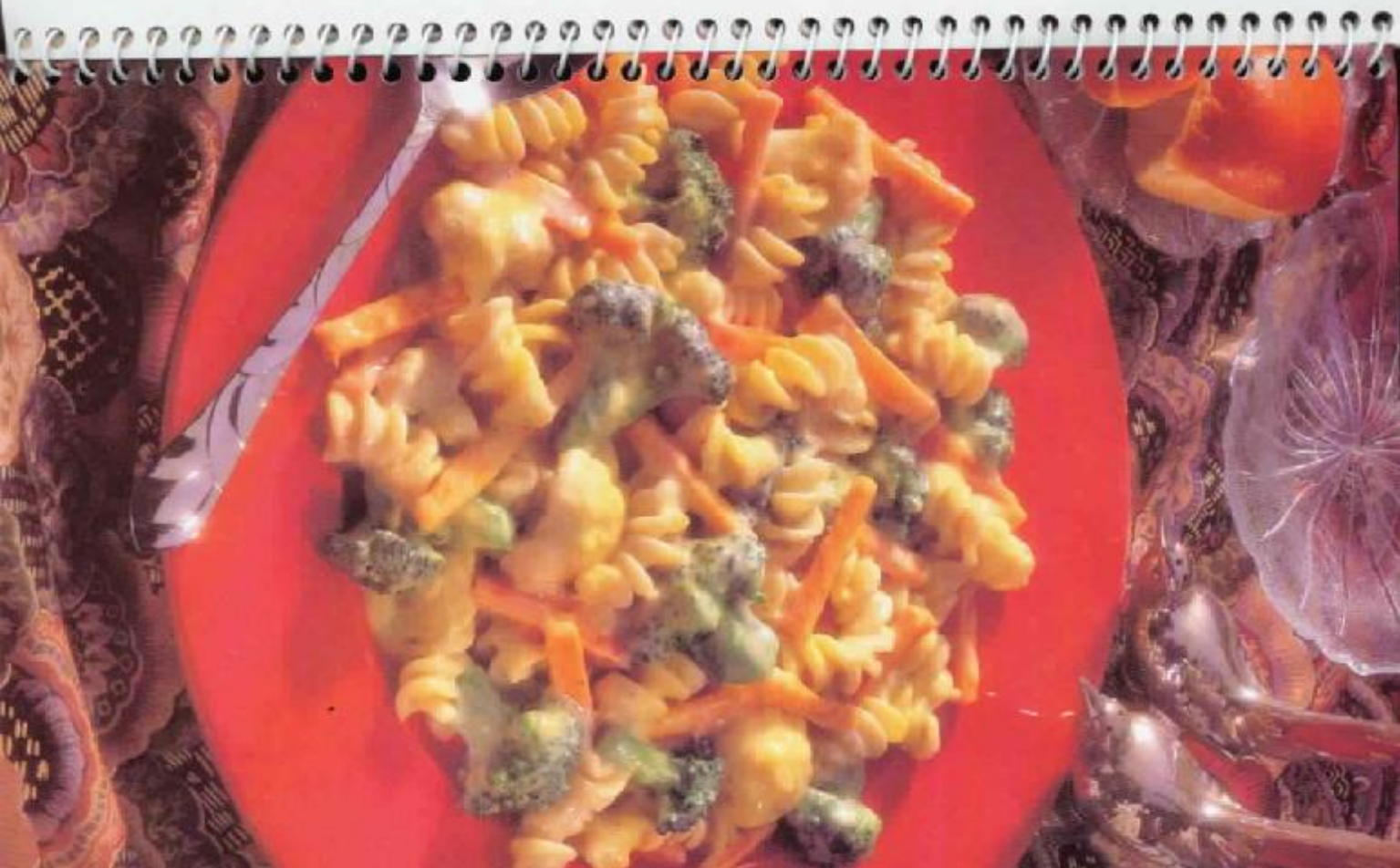
Prep Time: 10 minutes
Cook Time: 20 minutes



Cutting carrots into strips

Cut carrot crosswise into thirds. Cut each third in half lengthwise. With cut side down, cut lengthwise into ¼-inch slices. Stack slices and cut again, lengthwise, into thin strips.

Vegetable Rotini



MUSHROOM-BROCCOLI ALFREDO

If you like, accompany this vegetable and pasta combination with grilled chicken brushed with melted margarine and sprinkled with snipped fresh rosemary and cracked black pepper. (Pictured opposite)

- 2 tablespoons margarine or butter
- 3 cups fresh broccoli flowerets
- 3 cups fresh sliced mushrooms (about 8 ounces)
- 1 medium onion, coarsely chopped (about $\frac{1}{2}$ cup)
- $\frac{1}{4}$ teaspoon garlic powder or 2 cloves garlic, minced
- 1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Cream of Mushroom Soup

$\frac{1}{2}$ cup milk or Chablis or other dry white wine

2 tablespoons grated Parmesan cheese

$\frac{1}{4}$ teaspoon black pepper

4 cups hot cooked fettuccine or spaghetti (about 8 ounces dry)

Celery leaves, lemon slices and tomato rose for garnish

- In 10-inch skillet over medium heat, in hot margarine, cook broccoli, mushrooms, onion and garlic powder until vegetables are tender-crisp and liquid is evaporated, stirring often.

- Stir in soup, milk, Parmesan cheese and black pepper. Heat through, stirring occasionally. Serve over fettuccine. Garnish with celery leaves, lemon slices and tomato rose, if desired.

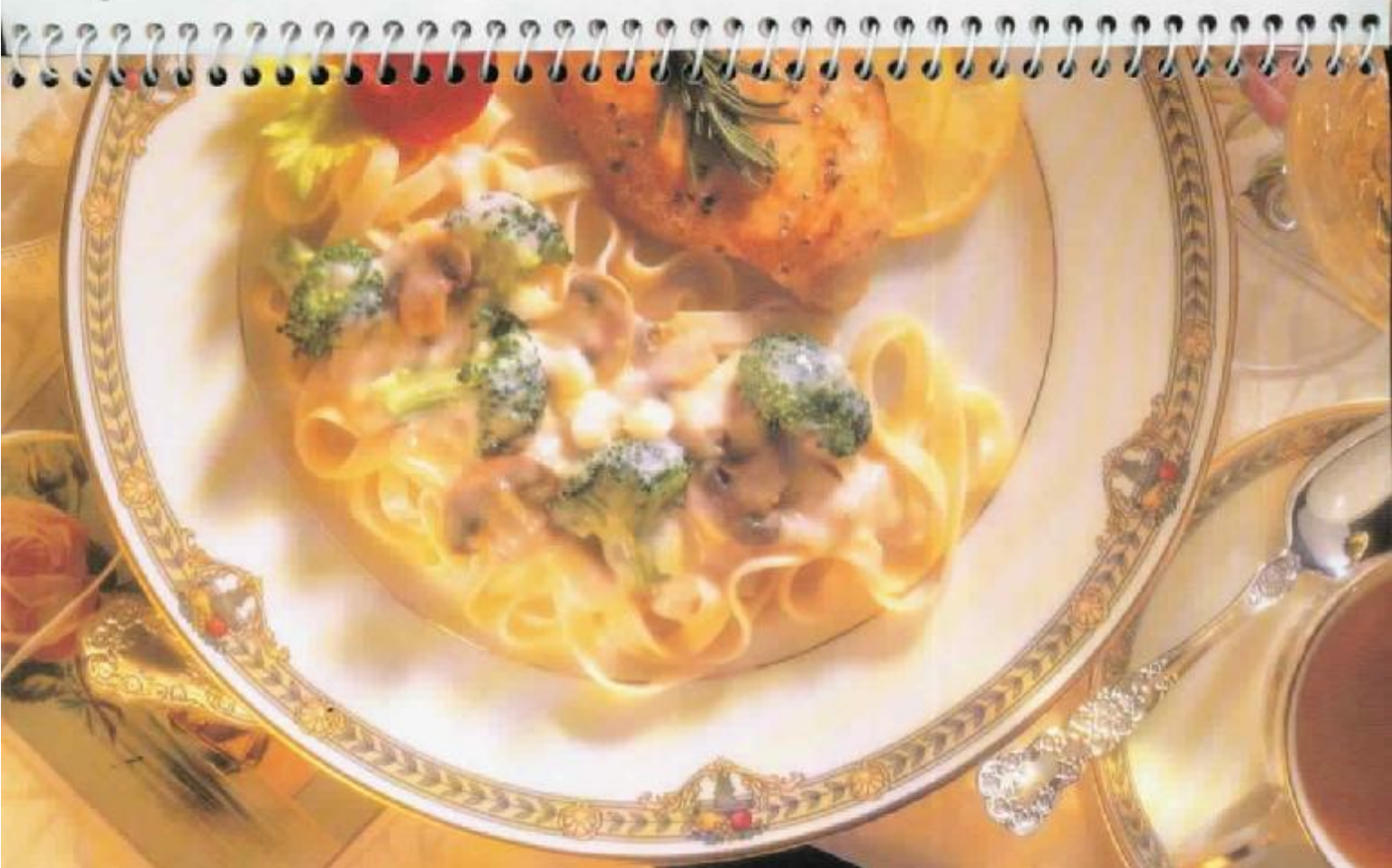
Makes about 3 cups sauce or 4 servings

Prep Time: 15 minutes
Cook Time: 15 minutes

Tip

For cutting broccoli into flowerets, see photo and directions on page 58.

Mushroom-Broccoli Alfredo



SKILLET BASIL POTATOES

If fresh basil is available, finely snip enough leaves to make 1½ teaspoons. Stir in basil with the soup, cheese and water.

- 1 tablespoon margarine or butter
- 1 small onion, chopped (about ¼ cup)
- ½ teaspoon dried basil leaves, crushed
- 1 can (10¾ ounces) CAMPBELL'S condensed Cream of Celery Soup
- ½ cup shredded Cheddar cheese (2 ounces)
- ¼ cup water
- 4 medium potatoes (about 1¼ pounds), cooked and sliced (about 4 cups)

Fresh basil leaves *and* cherry tomato wedges for garnish

- In 10-inch skillet over medium heat, in hot margarine, cook onion and dried basil until onion is tender, stirring occasionally.
- Stir in soup, Cheddar cheese and water. Reduce heat to low. Heat until cheese is melted, stirring often. Add potatoes. Heat through, stirring occasionally. (Pictured below.) Garnish with fresh basil and tomato, if desired.

Makes about 4 cups or 4 servings

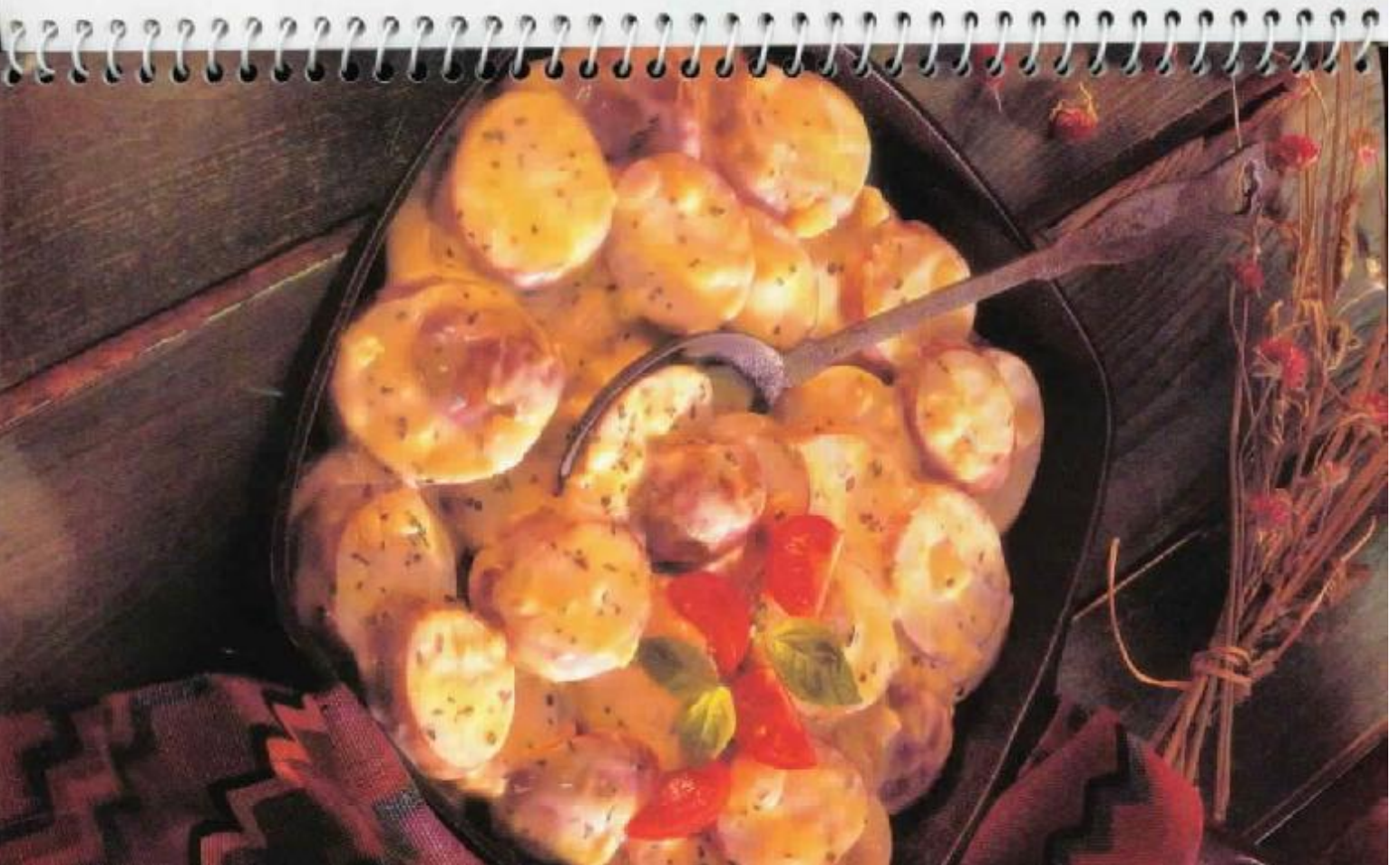
Prep Time: 20 minutes
Cook Time: 15 minutes



Heating potatoes

Add cooked potatoes to soup mixture. Heat through, gently stirring with wooden spoon, being careful not to break up potatoes.

Skillet Basil Potatoes



SOUPER SAUSAGE CORN BREAD

- 1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Golden Corn Soup
- 2 eggs
- $\frac{1}{2}$ cup milk
- 1 package (12 to 14 ounces) corn muffin mix
- $\frac{1}{2}$ pound bulk pork sausage, crumbled, cooked and drained
- Preheat oven to 400°F. Grease 9-inch square baking pan; set aside.
- In medium bowl, combine soup, eggs and milk. Stir in corn muffin mix just until blended. Gently fold in sausage.
- Spoon corn muffin mixture into prepared pan, spreading evenly. Bake 20 minutes or until lightly browned and toothpick inserted in center comes out clean. Cool on wire rack 10 minutes before cutting into squares. Serve warm.

Makes about 9 servings

Prep Time: 10 minutes
Cook Time: 20 minutes

QUICK ONION RICE

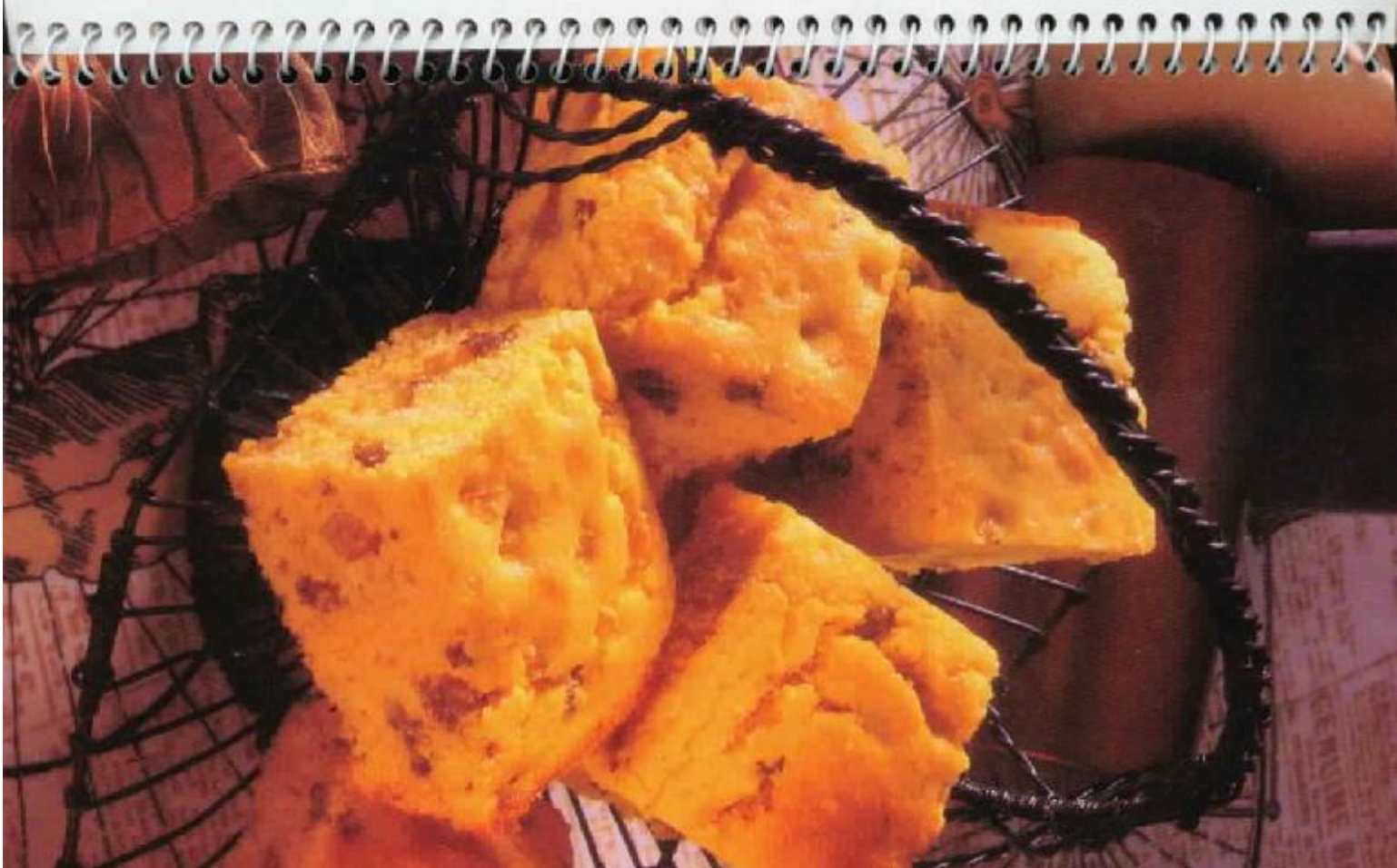
A tasty accompaniment to pork or poultry. (Pictured on page 63.)

- 1 pouch CAMPBELL'S Dry Onion Soup Mix with Chicken Broth
- $2\frac{1}{2}$ cups water
- 1 cup uncooked regular long-grain rice
- In 2-quart saucepan, combine soup mix and water. Over medium-high heat, heat to boiling.
- Stir in rice. Reduce heat to low. Cover, cook 20 minutes or until rice is tender and liquid is absorbed.

Makes about 3 cups or 3 servings

Prep Time: 5 minutes
Cook Time: 25 minutes

Souper Sausage Corn Bread



VEGETABLE-SEASONED RICE

1 can (14½ ounces) SWANSON Ready To Serve Clear Vegetable

Broth

¾ cup uncooked regular long-grain rice

Fresh herb sprigs for garnish

- In 2-quart saucepan over medium-high heat, heat broth to boiling. Stir in rice.
- Reduce heat to low. Cover; cook 20 minutes or until rice is tender and liquid is absorbed. Garnish with herb sprigs, if desired.

Makes about 2 cups or
4 servings

Prep Time: 5 minutes
Cook Time: 25 minutes

SAUCY ASPARAGUS

1 can (10¾ ounces) CAMPBELL'S condensed Cream of Asparagus

Soup

2 tablespoons milk

1½ pounds fresh asparagus spears (24 to 30), trimmed and cut into
1-inch pieces (about 3 cups) or 2 packages (10 ounces each)

frozen asparagus cuts

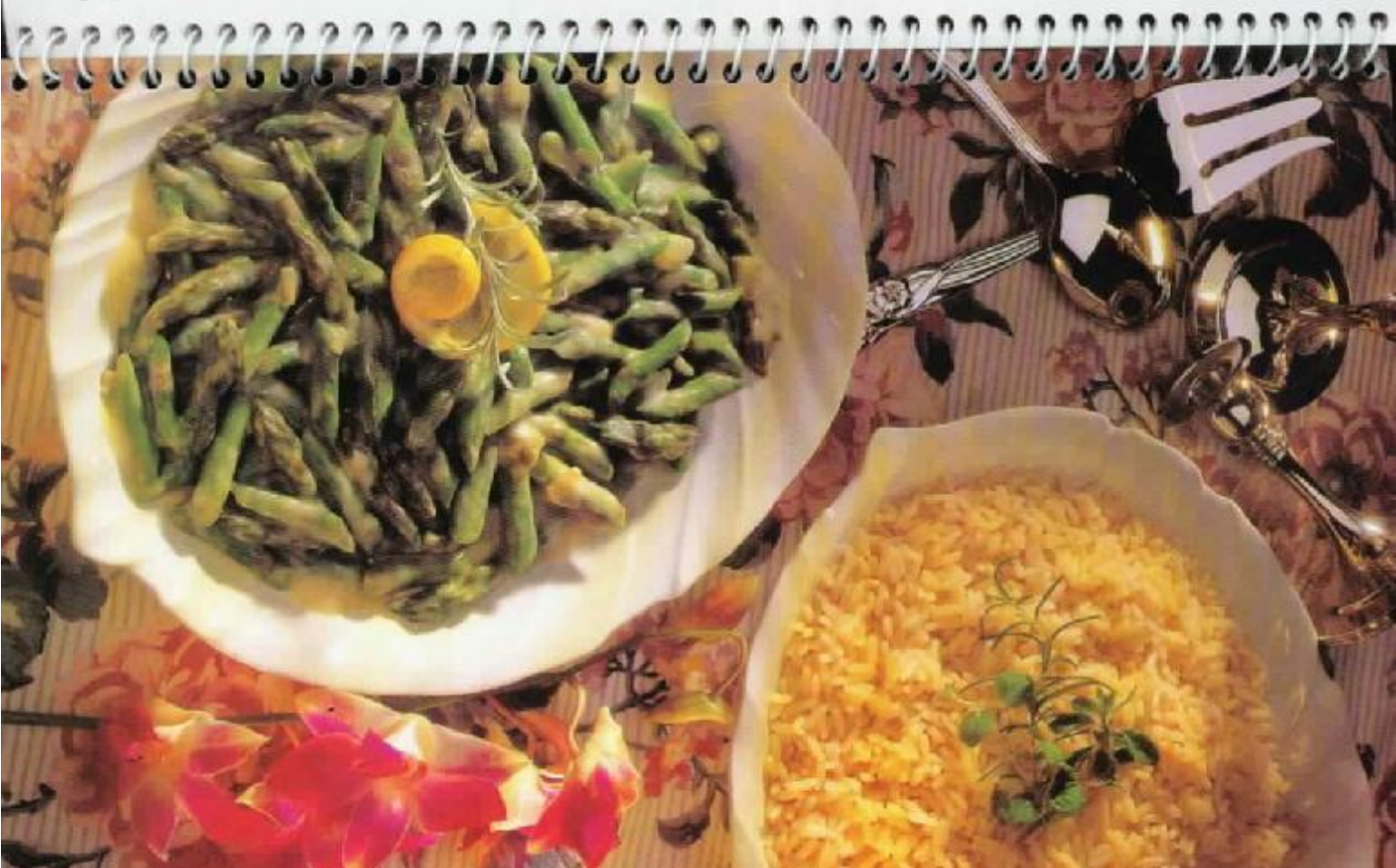
Fresh herb sprig and lemon slice for garnish

- In 2-quart saucepan, combine soup and milk. Over medium heat, heat to boiling, stirring occasionally.
- Add asparagus. Reduce heat to low. Cover; cook 10 minutes or until asparagus is tender, stirring occasionally. Garnish with herb sprig and lemon slice, if desired.

Makes about 3 cups or
6 servings

Prep Time: 10 minutes
Cook Time: 15 minutes

Vegetable-Seasoned Rice (top) and
Saucy Asparagus (bottom)



CORN VEGETABLE MEDLEY

A serving of this "golden" vegetable combo is served with a grilled boneless pork chop. (Pictured opposite.)

1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Golden Corn Soup

$\frac{1}{2}$ cup milk

2 cups fresh broccoli flowerets

2 medium carrots, sliced (about 1 cup)

1 cup fresh cauliflowerets

$\frac{1}{2}$ cup shredded Cheddar cheese (2 ounces), optional

Fresh thyme sprigs and orange slices for garnish

- In 2-quart saucepan, combine soup and milk. Over medium heat, heat to boiling, stirring occasionally.
- Add broccoli, carrots and cauliflower. Reduce heat to low. Cover; cook 20 minutes or until vegetables are tender, stirring occasionally. Stir in Cheddar cheese. Heat until cheese is melted. Garnish with thyme and orange, if desired.

Makes about 3 $\frac{1}{2}$ cups or
6 servings

Prep Time: 10 minutes
Cook Time: 30 minutes

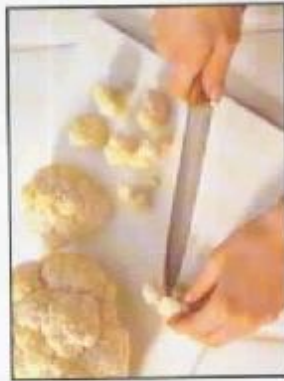
Peppery Vegetable Medley: Prepare Corn Vegetable Medley as directed above, except add $\frac{1}{2}$ cup diced sweet red pepper with the vegetables. Add 1 tablespoon chopped fresh cilantro and $\frac{1}{2}$ to 1 teaspoon Louisiana-style hot sauce with the cheese.

Cutting cauliflower into flowerets

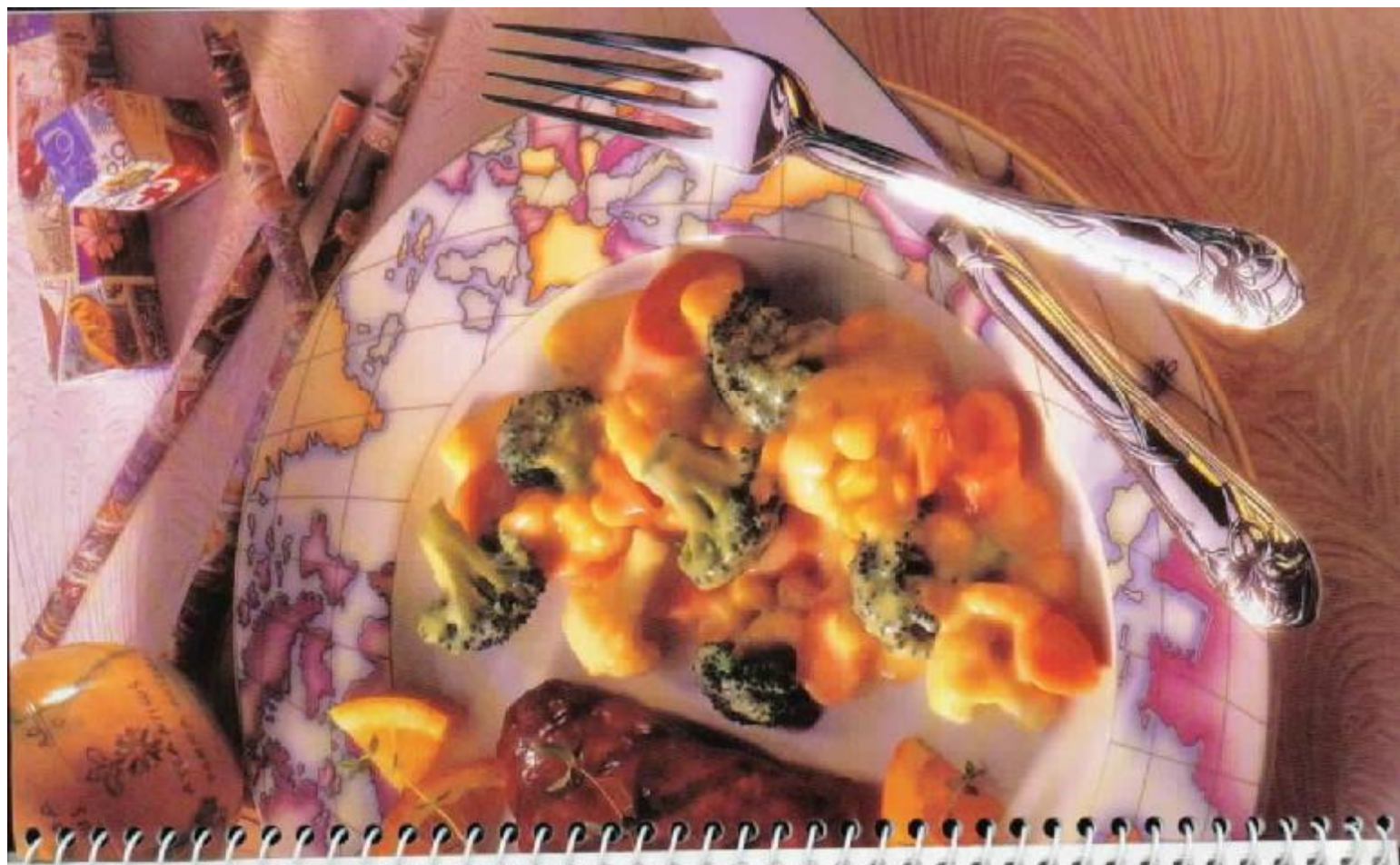
Remove outer green leaves. Cut woody stem from cauliflower.

With hands, break apart

cauliflower into large sections. Cut bite-size pieces, called flowerets, from each section.



Corn Vegetable Medley



CREAMY CHICKEN-BROCCOLI RICE

1 can (10½ ounces) CAMPBELL'S condensed Cream of Chicken & Broccoli Soup

1½ cups water

1½ teaspoon black pepper

¾ cup uncooked regular long-grain rice

Sweet orange pepper strips, radish wedges *and* fresh parsley sprigs for garnish

■ In 2-quart saucepan, combine soup, water and black pepper. Over medium-high heat, heat to boiling.

■ Stir in rice. Reduce heat to low. Cover; cook 25 minutes or until rice is tender and mixture is creamy, stirring often. Garnish with orange pepper, radish and parsley, if desired.

Makes about 3 cups or 6 servings

Prep Time: 5 minutes
Cook Time: 30 minutes

STEAMED VEGETABLES

1 can (14½ ounces) SWANSON Ready To Serve Clear Vegetable Broth

3 cups cut-up fresh vegetables (broccoli, carrots, cauliflower and celery) *or* 1 bag (16 ounces) frozen vegetable combination

■ In 2-quart saucepan over medium-high heat, heat broth and vegetables to boiling. Reduce heat to low. Cover; cook 5 minutes or until vegetables are tender. Drain.

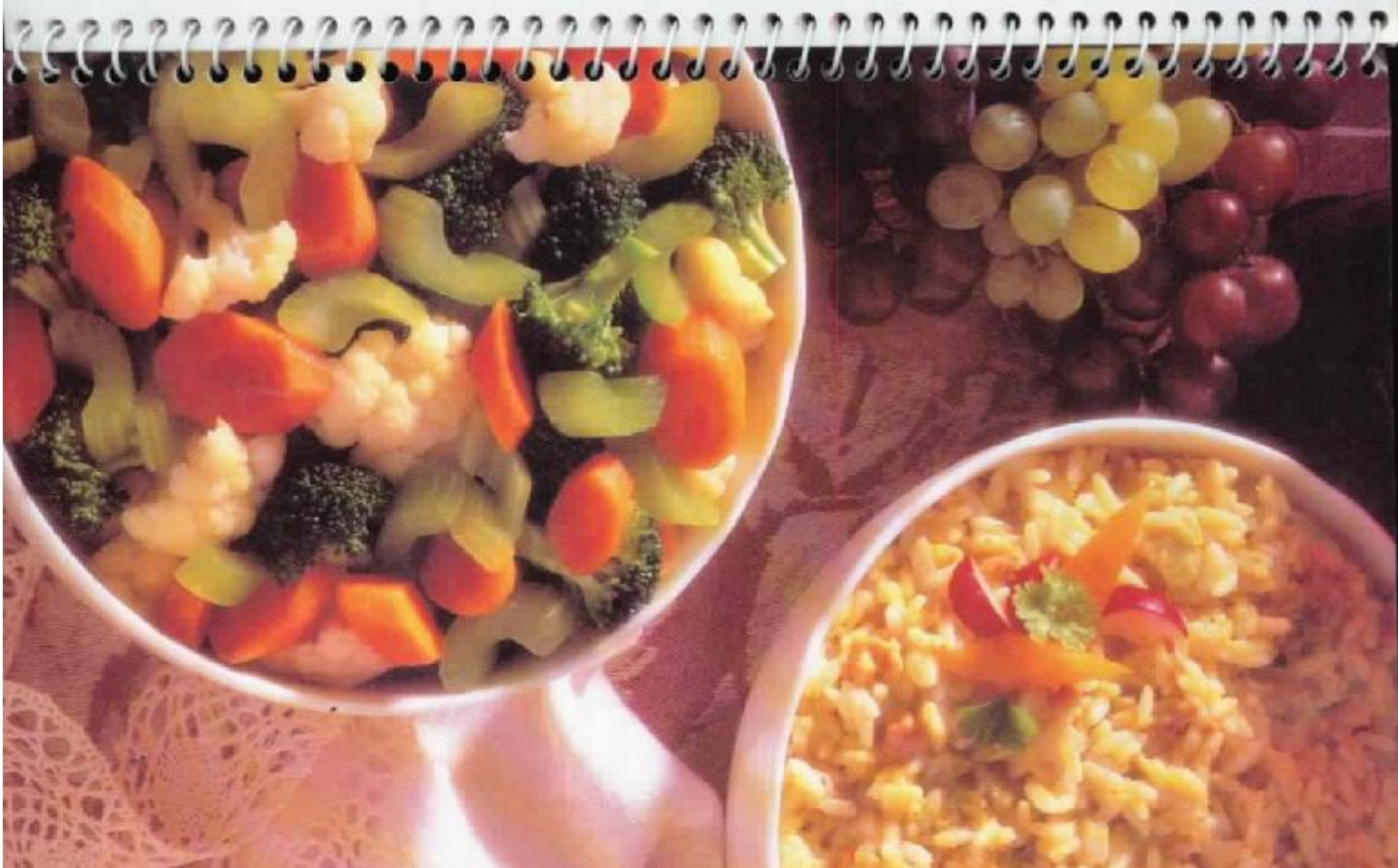
Makes about 2½ cups or 4 servings

Prep Time: 10 minutes
Cook Time: 10 minutes

Tip

Reserve broth after vegetables are cooked (about 1½ cups) and use, in place of water, to prepare rice. In 1-quart saucepan over medium-high heat, heat broth to boiling. Add ½ cup uncooked regular long-grain rice. Cover; cook according to package directions. Makes about 1½ cups or 3 servings.

Creamy Chicken-Broccoli Rice (top) *and*
Steamed Vegetables (bottom)



ALL-TIME FAVORITE BARBECUE SAUCE

- 1 can (10¾ ounces) CAMPBELL'S condensed Tomato Soup
- ½ cup vinegar
- ½ cup vegetable oil
- 2 tablespoons packed brown sugar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic powder
- ½ teaspoon Louisiana-style hot sauce (optional)

■ In small bowl, combine soup, vinegar, oil, brown sugar, Worcestershire sauce, garlic powder and hot sauce; set aside. Use sauce to baste ribs, chicken, hamburgers or steak during broiling or grilling.

Makes about 1½ cups sauce

Prep Time: 5 minutes

CHEDDAR CHEESE SAUCE

- 1 can (10¾ ounces) CAMPBELL'S condensed Cheddar Cheese Soup
- ½ cup milk

Paprika for garnish

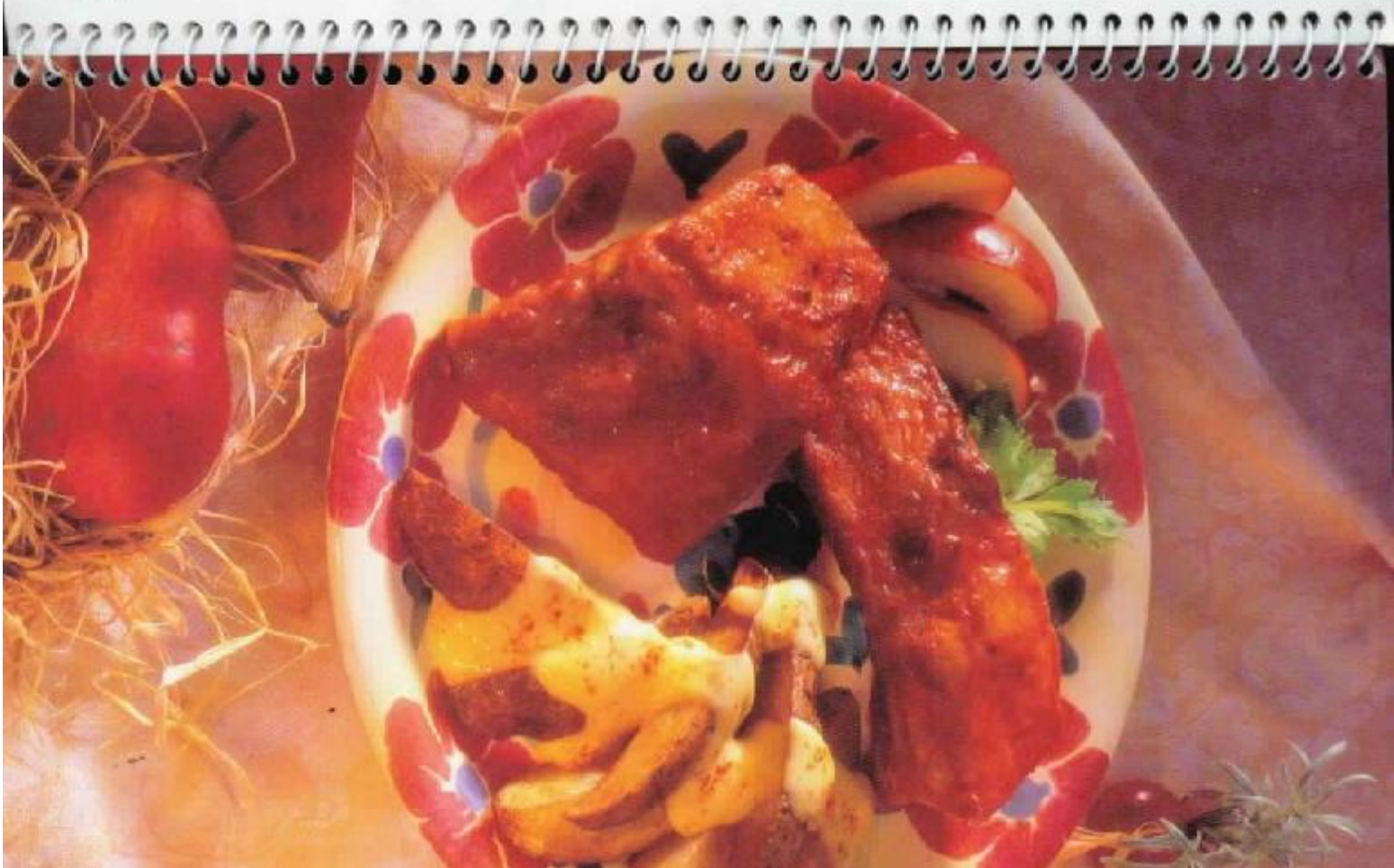
■ In 1-quart saucepan, combine soup and milk. Over medium heat, heat through, stirring often. Serve over French fries, broccoli, cauliflower, carrots, baked potatoes or omelets. Sprinkle with paprika, if desired.

Makes about 1½ cups sauce

Prep Time: 5 minutes
Cook Time: 5 minutes

Cheese Sauce Dijonnaise: Prepare Cheddar Cheese Sauce as directed above, *except* add 1 tablespoon *Dijon-style mustard* with the milk.

All-Time Favorite Barbecue Sauce (left) and
Cheddar Cheese Sauce (right)



BROCCOLI-CHEESE POTATO TOPPER

- 1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Cream of Celery Soup
- $\frac{1}{2}$ cup shredded Cheddar or Swiss cheese (2 ounces)
- 1 teaspoon Dijon-style mustard
- $\frac{1}{8}$ teaspoon black pepper
- 2 cups cooked broccoli flowerets
- 4 hot baked potatoes, split lengthwise

■ In 2-quart saucepan, combine soup, Cheddar cheese, mustard and black pepper. Over low heat, heat until cheese is melted, stirring often. Add broccoli. Heat through, stirring occasionally. Serve over potatoes.

Makes about 2 cups sauce or 4 side-dish servings

Prep Time: 10 minutes
Cook Time: 10 minutes

Tip

For oven-baked potatoes, scrub 4 potatoes (8 ounces each); pierce each potato with fork several times. Bake at 400°F for 1 hour or until fork-tender. (For micro-cooked potatoes, see directions on page 54.)

CHICKEN-BROCCOLI SAUCE

Pictured opposite, this extra-easy sauce is spooned over grilled chicken and served with Italian vinaigrette drizzled over thinly sliced cucumbers.

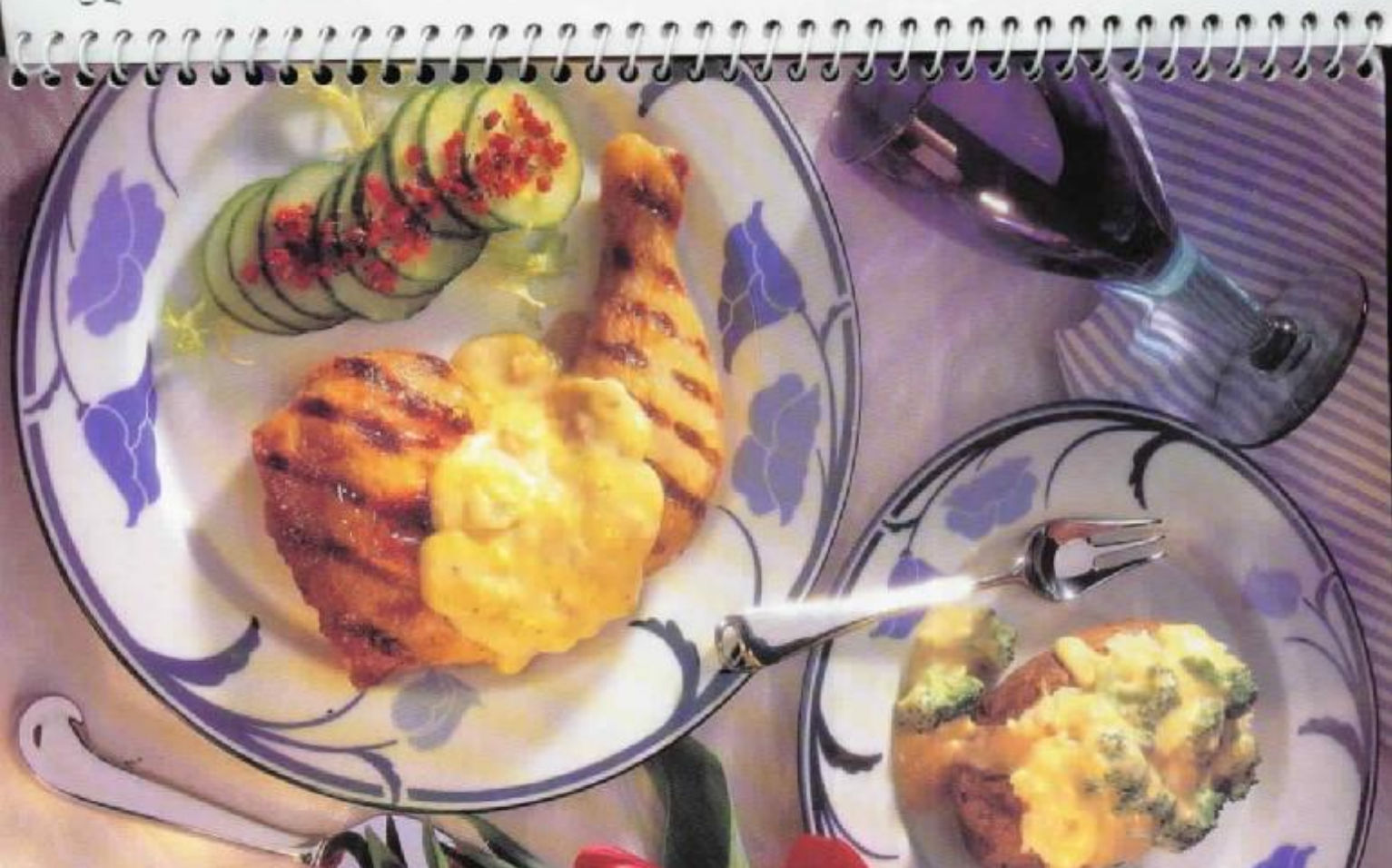
- 1 can (10 $\frac{3}{4}$ ounces) CAMPBELL'S condensed Cream of Chicken & Broccoli Soup
- $\frac{1}{2}$ cup milk
- $\frac{1}{8}$ teaspoon black pepper

■ In 1-quart saucepan, combine soup, milk and black pepper. Over medium heat, heat through, stirring often. Serve over broiled or grilled chicken, or hot cooked rice or noodles.

Makes about 1 $\frac{1}{2}$ cups sauce

Prep Time: 5 minutes
Cook Time: 5 minutes

Broccoli-Cheese Potato Topper (top) and
Chicken-Broccoli Sauce (bottom)



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METRIC CONVERSION CHART

VOLUME

MEASUREMENTS (dry)

$\frac{1}{8}$ teaspoon = 0.5 mL	$\frac{3}{16}$ inch = 2 mm	250°F = 120°C
$\frac{1}{4}$ teaspoon = 1 mL	$\frac{1}{8}$ inch = 3 mm	275°F = 140°C
$\frac{1}{2}$ teaspoon = 2 mL	$\frac{1}{4}$ inch = 6 mm	300°F = 150°C
$\frac{3}{4}$ teaspoon = 4 mL	$\frac{1}{2}$ inch = 1.5 cm	325°F = 160°C
1 teaspoon = 5 mL	$\frac{3}{4}$ inch = 2 cm	350°F = 180°C
1 tablespoon = 15 mL	1 inch = 2.5 cm	375°F = 190°C
2 tablespoons = 30 mL		400°F = 200°C
$\frac{1}{4}$ cup = 60 mL		425°F = 220°C
$\frac{1}{2}$ cup = 75 mL		450°F = 230°C
$\frac{3}{4}$ cup = 125 mL		
$\frac{1}{2}$ cup = 150 mL		
$\frac{1}{4}$ cup = 175 mL		
1 cup = 250 mL		
2 cups = 1 pint = 500 mL		
3 cups = 750 mL		
4 cups = 1 quart = 1 L		

VOLUME

MEASUREMENTS (fluid)

1 fluid ounce (2 tablespoons) = 30 mL
4 fluid ounces ($\frac{1}{2}$ cup) = 125 mL
8 fluid ounces (1 cup) = 250 mL
12 fluid ounces ($1\frac{1}{2}$ cups) = 375 mL
16 fluid ounces (2 cups) = 500 mL

WEIGHTS (mass)

$\frac{1}{2}$ ounce = 15 g
1 ounce = 30 g
3 ounces = 90 g
4 ounces = 120 g
8 ounces = 225 g
10 ounces = 285 g
12 ounces = 360 g
16 ounces = 1 pound = 450 g

DIMENSIONS

OVEN TEMPERATURES

$\frac{3}{16}$ inch = 2 mm	250°F = 120°C
$\frac{1}{8}$ inch = 3 mm	275°F = 140°C
$\frac{1}{4}$ inch = 6 mm	300°F = 150°C
$\frac{1}{2}$ inch = 1.5 cm	325°F = 160°C
$\frac{3}{4}$ inch = 2 cm	350°F = 180°C
1 inch = 2.5 cm	375°F = 190°C
	400°F = 200°C
	425°F = 220°C
	450°F = 230°C

BAKING PAN SIZES

Utensil	Size In Inches/ Quarts	Metric Volume	Size In Centimeters
Baking or Cake Pan (square or rectangular)	8 x 8 x 2	2 L	20 x 20 x 5
	9 x 9 x 2	2.5 L	22 x 22 x 5
	12 x 8 x 2	3 L	30 x 20 x 5
	13 x 9 x 2	3.5 L	33 x 23 x 5
Loaf Pan	8 x 4 x 3	1.5 L	20 x 10 x 7
	9 x 5 x 3	2 L	23 x 13 x 7
Round Layer Cake Pan	8 x 1 $\frac{1}{2}$	1.2 L	20 x 4
	9 x 1 $\frac{1}{2}$	1.5 L	23 x 4
Pie Plate	8 x 1 $\frac{1}{4}$	750 mL	20 x 3
	9 x 1 $\frac{1}{4}$	1 L	23 x 3
Baking Dish or Casserole	1 quart	1 L	—
	1 $\frac{1}{2}$ quart	1.5 L	—
	2 quart	2 L	—